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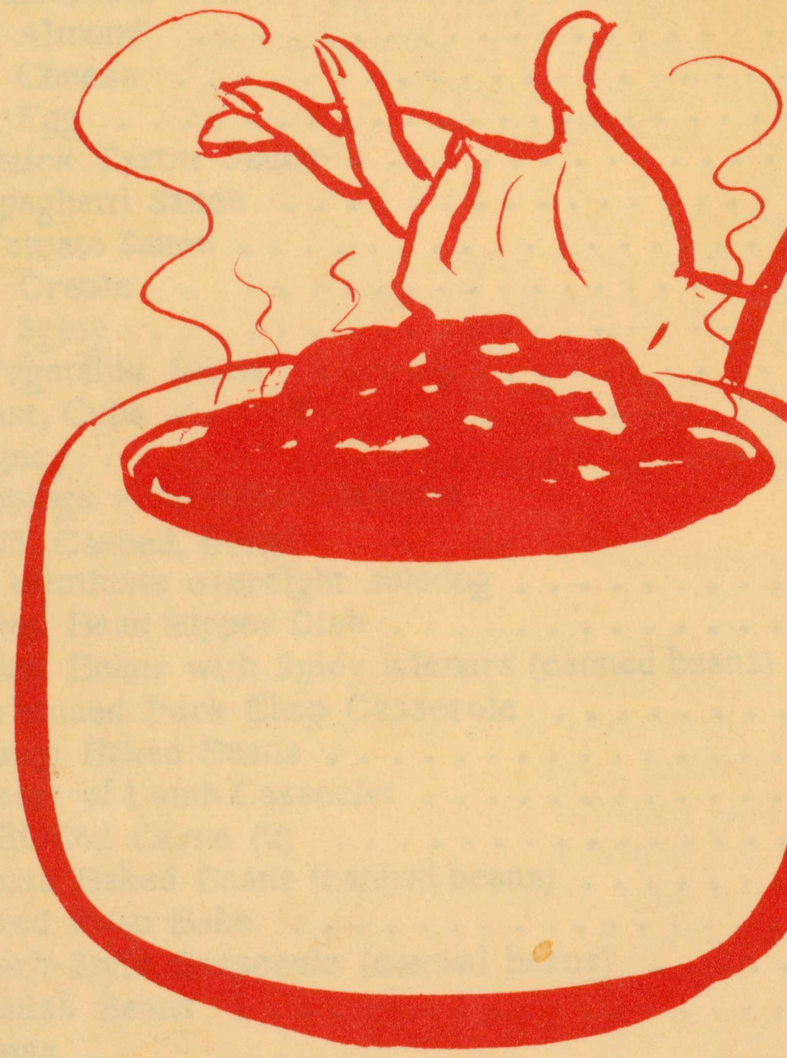
Edith Adams'

CASSEROLE COOK BOOK

Ideas for All Occasions

- SUPPER BUFFETS
- EVERY-DAY DISHES
- HURRY-UP MEALS
- COMPANY FARE
- LADIES' LUNCHEONS
- TOTE-A-DISH PARTIES
- OUTDOOR MEALS

Also SAUCES AND ACCOMPANIMENTS



Edith Adams' Cottage
HOMEMAKERS SERVICE
VANCOUVER CANADA

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MEASURES

1 pound - 16 ounces
1 (8-ounce) cup - 16 tablespoons
7/8 cup - 14 tablespoons
3/4 cup - 12 tablespoons
2/3 cup - 10 tablespoons plus 2 teaspoons
1/2 cup - 8 tablespoons
3/8 cup - 6 tablespoons
1/3 cup - 5 tablespoons plus 1 teaspoon
1/4 cup - 4 tablespoons
1/8 cup - 2 tablespoons
7/8 cup - 1 cup minus 2 tablespoons OR 3/4 cup plus 2 tablespoons
3/8 cup - 1/2 cup minus 2 tablespoons OR 1/4 cup plus 2 tablespoons
1 tablespoon - 3 teaspoons
16 tablespoons - 1 cup
1 Canadian pint - 20 ounces
1 American pint - 16 ounces

FOOD POISONING MENACE

The most common causes of food poisoning are food infections and food intoxications. FOOD INFECTIONS are caused by BACTERIA carried into the mouth ON THE FOOD when it is eaten. FOOD INTOXICATIONS, with resultant illness, are caused by POISONS or TOXINS in the form of bacterial growth IN THE FOOD when it is eaten.

Few people realize that the common food poisoning bacteria (staphylococci, salmonellae and streptococci) may be present in foods EVEN THOUGH working surroundings and storage space are scrupulously clean. They may be in food when you buy it or may be introduced by any person handling the food. Open cuts and sores are always suspect.

Most bacteria can be destroyed by very high temperatures. But, average room temperatures merely provide ideal growing conditions for the food poisoning species. Foods cooked quickly, at high temperatures, are more likely to be safe than uncooked foods or those cooked slowly at low temperatures. Commercially canned foods, scientifically processed at controlled temperatures, are almost sure to be free from contamination.

CONTINUOUS REFRIGERATION of all foods is desirable.

Foods which are most susceptible to bacterial growth include milk and cream; cream-filled pies, cakes and pastries; fresh meat, especially when minced; fish and poultry; bread stuffings, especially when prepared ahead of time; sauces and gravies along or in casseroles.

Cook foods QUICKLY, chill RAPIDLY in refrigerator and then REHEAT to serve.

DESTROY ANY DOUBTFUL FOOD.

CASSEROLE BOOK

RANCH-STYLE CASSEROLE

1 (8-ounce) package macaroni
3 tablespoons shortening
1 1/2 pounds ground beef
4 medium-sized onions, chopped
1 No. 2 (2 1/2 cups) can tomatoes
1 No. 2 (2 1/2 cups) can kidney beans
1 teaspoon salt
1/4 teaspoon pepper
Grated cheese

Cook macaroni. Rinse and drain. Brown beef and onions in shortening. Add tomatoes and simmer uncovered for 15 to 20 minutes. Combine tomato mixture with macaroni and kidney beans and their liquid. Stir to blend. Add salt and pepper. Heat. Pour into casserole. Sprinkle with cheese. Bake, uncovered, in moderate oven, 375 deg. F., for 20 minutes, or until cheese has melted and is well-browned. Makes 4 to 6 servings.

PORCUPINES

1 3/4 pounds minced beef
1 teaspoon baking powder
1 medium-sized onion, minced
2 tablespoons chopped parsley
1 cup milk
2 teaspoons salt
1/2 teaspoon pepper
1/2 cup uncooked rice
Pinch of ground cloves
Pinch of thyme
2 cans condensed tomato soup
2 cups cold water

Mix all ingredients except soup and water. Form mixture into meat balls and place in a baking pan. Mix soup with water, pour over meat balls and bake uncovered in an oven, 350 deg. F., for 35 minutes. Cover and bake 30 minutes longer. Makes 6 servings.

HOBO DINNER

1/2 pound ground beef
Salt and pepper
2 tablespoons chopped onion
1 carrot, slivered
4 small boiling onions
1 small potato, cut in half
1/4 cup ripe olives
1/2 cup kernel corn
1 (1-pound) coffee can with cover

Season beef with salt, pepper and onion. Pat into pattie shape. Fit into bottom of well-scalded coffee can. Put all vegetables over meat. Sprinkle with olives. Sprinkle with salt and pepper. Cover. Bake in moderate oven, 350 deg. F., for 60 to 70 minutes. Serve from the can. Makes 1 large serving. (Individual casseroles could be used instead of the cans.)

BEEF OR HAM PINWHEELS

DOUGH: Sift together
1 1/2 cups sifted all-purpose flour
1/2 cup corn meal
3 teaspoons baking powder
1 teaspoon salt
Cut in 1/4 cup shortening
Add 2/3 cup milk and stir to mix

Turn out on floured board, knead lightly. Roll into 10 x 12-inch shape. Spread with beef or ham filling. Roll up like jelly roll. Cut in 1-inch slices. Bake on greased cookie sheet in hot oven, 450 deg. F., for 12 to 18 minutes. Makes 5 to 6 servings.

BEEF FILLING: Combine
3/4 pound ground raw beef
1/2 teaspoon salt
1/2 teaspoon pepper
3/4 cup chili sauce
1/4 cup chopped onion

TO USE HAM: Combine 2 1/2 cups ground, cooked ham, 1/2 cup light cream, salt, pepper and pickle relish and use instead of beef for filling.

SHEPHERD'S PIE

1 pound ground beef
3/4 teaspoon salt
1/4 teaspoon pepper
2 tablespoons fat
4 tablespoons chopped onion
1 tablespoon flour
3 tablespoons dry milk powder
1 cup hot potato water
3 cups cooked mashed potatoes (about 6)
1 tablespoon butter or margarine
3/4 teaspoon salt
1/4 teaspoon pepper
1/2 cup dry milk powder
1/4 cup potato water
1 can undiluted mushroom soup
1 cup buttered cornflakes or 1 small package potato chips

Fry onions gently in 1 tablespoon of fat until soft. Add meat and cook, stirring with a fork until brown and crumbly. Sprinkle with salt and pepper and mix. Turn into greased casserole.

Make fat in pan up to 2 tablespoons and stir in the flour and 3 tablespoons dry milk powder and stir until golden, then stir in 1 cup potato water and cook until thickened. Add this to the meat. Spread mushroom soup on top of meat and gravy mixture.

Whip potatoes until light and fluffy, adding butter, salt and pepper, 1/2 cup dry milk powder, and 1/4 cup potato water. Mix and beat. Drop by spoonfuls on the layer of mushroom soup. Spread out roughly with a fork. Sprinkle top with buttered cornflakes or slightly crushed potato chips. Bake at 400 deg. F., for about 20 to 25 minutes. Makes 4 servings.

SPAGHETTI OVEN DINNER

1 (8-ounce) package spaghetti, cooked
1 green pepper, chopped
1 clove crushed garlic
3 tablespoons cooking oil
1/2 pound hamburger
1/2 pound cheese, cubed
1 onion, chopped
2 cups cream style corn
1 can undiluted condensed tomato soup
2 tablespoons Worcestershire sauce
1 cup canned or fresh mushrooms

Fry onions and garlic and green pepper in salad oil until golden. Add meat and brown well.

Place all ingredients in layers in greased casserole. Bake, covered, in slow oven, 325 deg. F., for about 1 hour. Makes 4 servings.

HEAVENLY HASH CASSEROLE

1/2 cup rice
1/2 cup thin noodles
1 large head celery, chopped, sauteed
1 large onion, chopped, sauteed
1 pound mushrooms, sauteed

1 small green pepper, chopped, sauteed
1/4 pound ground beef
1/4 pound ground pork
1 tablespoons Worcestershire sauce
1 can condensed tomato soup

Prepare each ingredient separately and season to taste. (Cook rice and noodles in boiling, salted water. Saute vegetables in butter. Fry the beef and pork until lightly browned, and season.)

Place rice and noodles in large buttered casserole, add other ingredients, layer by layer. Add soup and sauce. Bake uncovered, in slow oven, 325 deg. F., about an hour. This makes 6 to 8 servings. Recipe may be doubled.

FIVE-LAYER DINNER

1 pound ground beef
4 medium potatoes, sliced
1 medium onion, sliced
1 small green pepper, cut in rings
3 cups canned tomatoes
2 tablespoons fat

Brown beef in fat. Arrange layers of meat, potatoes, onion and tomatoes and green pepper in a buttered baking dish. Season each layer with salt and pepper. Cover and bake 45 minutes at 350 deg. F. Remove cover and continue baking 45 minutes longer. (You can use the end of the roast in this dish.) Makes 6 servings.

GOOD 'N' PLENTY CASSEROLE

2 tablespoons salad oil
2 pounds ground beef
1 large onion, minced
1 No. 2 1/2 (3 1/2 cups) can tomatoes, sieved
2 (8-ounce) cans tomato sauce
Salt and pepper to taste
1 teaspoon ac'cent
1/4 teaspoon allspice
1 teaspoon oregano
1 pound elbow macaroni
2 cups cooked peas
1 can whole-kernel corn
1 cup sliced ripe olives
1/2 pound grated cheese

Heat oil in heavy pan. Add beef and onion. Cook until meat browns. Add tomatoes, tomato sauce and seasonings. Cover. Cook 1 1/2 hours, stirring occasionally. Cook macaroni according to package directions. Drain. Combine all ingredients. Season to taste. Turn into greased baking dish. Sprinkle top with more cheese. Bake, uncovered, in moderate oven, 350 deg. F., for 45 minutes. Makes 10 to 12 servings. (Fry a garlic clove with the onion and meat for added flavor.)

FAVORITE BEEF CASSEROLE

8 ounces spaghetti
4 strips bacon, diced and fried
1 onion, chopped
1 pound lean ground beef
3/4 teaspoon salt
1 can cream of mushroom soup
1/2 can cream of tomato soup
1/2 can water
Grated cheese

Cook spaghetti as package directs. Dice and fry bacon. Add chopped onion and fry until transparent. Add meat, and salt. Cook until meat is all browned. Combine all ingredients and stir into greased 2-quart casserole. Sprinkle with grated cheese. Bake, uncovered, in moderate oven, 350 deg. F., for 1 hour or until done. Makes 8 servings.

STEAK AND POTATO SPECIAL

1 pound ground round or shoulder steak
Flour, to thicken gravy
3 medium-sized potatoes
Salt and pepper, to taste
Sliced raw onions
1 can tomato soup
1/2 can water
Bay leaf, to season
1 small can green beans

Brown meat and add flour to thicken for a gravy. Put 1/2 meat in bottom of greased casserole. Peel potatoes and cut into pieces for second layer. Put rest of meat on top for third layer. Cover with layer of sliced raw onion.

Thin tomato soup with water. Pour over casserole. Place bay leaf on top. Bake, uncovered, in moderate oven, 350 deg. F., for 75 minutes.

Remove bay leaf. Spread can of green beans over top and return to oven until all is piping hot. Makes 3 or 4 servings.

SOUTHWESTERN CASSEROLE

8 ounces (2 cups) elbow macaroni
1/4 cup butter or margarine
1 pound ground beef chuck
1 clove garlic, finely chopped
1/2 cup chopped onion
1 teaspoon salt
2 cans condensed tomato soup
1 No. 2 (2 cups) can green beans, drained

Cook and drain macaroni according to directions. Meanwhile melt butter in a skillet over moderate heat. Add meat, garlic and onion; cook until meat is lightly browned, stirring occasionally. Add salt, stir in soup, green beans and the macaroni; mix carefully. Pour into a 2-quart greased casserole. Bake, uncovered, in a moderate oven, 350 deg. F., about 30 minutes. Makes 6 servings.

SHIPWRECK CASSEROLE

2 large onions
Sliced potatoes
1 (No. 2 1/2) can tomatoes (28-ounces)
Salt and pepper
1/2 cup water
1 pound ground round steak
1/4 cup uncooked rice

Cut onions into a well-buttered casserole and cover with water. Cover this with a layer of sliced raw potatoes, then cover with a layer of minced steak. Finally top with a layer of rice. (You may use more!) Pour the tomatoes over all and season with salt and pepper. Bake, covered, in a slow oven, 325 deg. F., for 3 hours. Makes 3 to 4 servings.

MORE

1/4 pound bacon, chopped
1 medium onion
1 pound hamburger
1 can pimientos
1 can pitted ripe olives (1 cup or more)
1/2 pound grated cheese
1 can (2 1/2 cups) tomatoes
1 (No. 2) can (about 2 cups drained) peas
Corn flakes or bread crumbs
2 cups cooked rice

Cook chopped bacon, onion and hamburger together until meat is browned. Chop pimientos and olives or leave them whole. Place ingredients in alternate layers. Top with corn flakes or bread crumbs. Drizzle with 2 tablespoons melted butter. Bake in moderate oven, 350 deg. F., for 1 hour. Makes 6 to 8 servings.

BAKED MEAT BALLS WITH APPLE SAUCE

3/4 to 1 pound minced steak
1 teaspoon salt
1/8 teaspoon pepper
2 teaspoons onion juice
1/2 cup thick unsweetened applesauce
1 egg beaten
1 cup dry bread crumbs

Mix all thoroughly and form into meat balls. Roll in 3 tablespoons of flour and brown in deep frying pan in 3 tablespoons of melted fat. Place meat balls in very large casserole. Then take the following:

2 cups tomatoes
1 cup water
4 raw potatoes (cubed)
4 or 5 raw onions, chopped or sliced
2 cups chopped raw celery
2 cups chopped raw carrot
3 tablespoons minced green pepper
1 teaspoon salt

Place these last ingredients in the frying pan and bring to the boil and then pour them over the meat balls. Cover and bake uncovered, in oven at 375 deg. F., for 1 hour.

APPLESAUCE MEAT BALLS

1/4 pound ground pork
3/4 pound ground round steak
1/2 cup thick unsweetened applesauce
1 egg, well beaten
1/2 cup soft bread crumbs, well packed
1/4 cup minced onion
1 1/4 teaspoons salt
1/8 teaspoon pepper

Mix these ingredients together and form into 12 balls. Roll lightly in flour and brown in a little hot fat. Place in a baking dish and pour over them a mixture of 1/4 cup catsup and 1/4 cup water. Cover and bake in a moderate oven, 350 deg. F., for 1 1/4 hours. Makes 2 to 3 servings.

BUDA BROWN'S GOULASH

2 cups macaroni, cooked
1 large onion
2 pounds minced round or hamburger
Seasonings to taste
1 can (2 1/2 cups) tomatoes or tomato juice
1 (15-ounce) can corn niblets

Cook macaroni until tender, then pour cold water over and drain. Chop onion and brown well. Brown minced steak and mix with onion. Season well with salt and pepper. Place meat in Dutch oven or casserole. Mix tomatoes and corn niblets, also cooked macaroni, and mix well with meat. (You may need a little more tomato juice if it seems too dry!) Cook in oven about 1 1/2 hours at medium heat, 350 deg. F. Makes 6 to 8 servings.

BIG DINNER CASSEROLE

1 (8-ounce) package noodles
1 pound ground beef
1 1/2 cups chopped onion
2 cups chopped celery
3 tablespoons chopped green peppers
2 tablespoons fat
1 teaspoon salt
1/2 teaspoon pepper
1 to 2 teaspoons soy sauce
1 can condensed tomato soup

Arrange cooked noodles in greased 2-quart casserole. Cook beef, onion, celery and green pepper in hot fat until onion is golden brown. Season with salt, pepper and soy sauce. Heat tomato soup and pour over casserole. Bake, uncovered, in moderate oven, 350 deg. F., for 30 minutes. Yield 6 to 8 serv.

SEVEN-LAYER CASSEROLE

Place these ingredients in layers in a 2-quart greased baking dish with a tight-fitting lid:

1. 1 cup uncooked long grain rice
2. 1 cup whole kernel corn, drained
3. Sprinkle with salt and pepper. Pour over one 8-ounce can tomato sauce and 1/2 can water
4. 1/2 cup each finely chopped onion and green pepper
5. 3/4 pound uncooked ground beef
6. Sprinkle with salt and pepper. Pour over second can tomato sauce and 1/4 can water
7. Cover meat with 4 strips bacon, cut in half.

Cover and bake for 1 hour at 350 deg. F. Uncover and bake about 30 minutes longer, until bacon is crisp. Makes 6 servings.

ASPARAGUS SOUP SAUCE

To make 1 1/2 cups sauce:

Blend 1 (10 1/2-ounce) can condensed cream of asparagus soup with 1/3 cup milk. Heat. Serve on cooked vegetables, meat loaf, fish steaks or asparagus tips.

DINNER IN A SKILLET

1/2 pound ground beef
1 egg slightly beaten
1/4 cup milk
1/4 cup fine bread crumbs
1 1/2 tablespoons finely chopped onion
1/2 teaspoon salt
1/4 teaspoon dry mustard
Few grains pepper
2 tablespoons flour
1/4 cup salad oil
1 can (10 1/2 ounces) condensed soup (tomato or cream of mushroom)
3/4 cup milk
1 1/2 cups cooked assorted vegetables
1/2 teaspoon salt

Combine first 8 ingredients. Shape into twelve small meat balls using about 1 tablespoon for each. Roll in flour. Heat salad oil in skillet about 3 minutes. Add meat balls and fry ten minutes to brown. When browned arrange meat balls around side of pan. Gradually add the soup and milk which have been combined. Place vegetables over soup. Add salt. Cover. Simmer for about 10 minutes. Makes 4 servings.

GRETA'S CABBAGE ROLLS

1 large cabbage
1 pound chuck or top round steak, ground
3 tablespoons commercial precooked rice
2 tablespoons sugar
2 tablespoons grated onion
1 tablespoon fresh, frozen or canned lemon juice
1 1/2 teaspoons salt
1/4 teaspoon pepper
1/2 teaspoon paprika
1 large onion, minced
2 tablespoons salad oil or bacon fat
1/2 cup hot water
2 (8-ounce) tins tomato sauce
1/4 to 1/2 cup brown sugar
1/4 cup fresh, frozen or canned lemon juice

Wash cabbage, cut out the core end, separate leaves gently, pour boiling water over them and leave for 10 minutes.

Combine meat, rice (you may cook 1 1/2 tablespoons rice instead of using pre-cooked brand), 2 tablespoons sugar, grated onion, 1 tablespoon lemon juice, 1 teaspoon salt, 1/4 teaspoon pepper and 1/4 teaspoon paprika.

Drain cabbage leaves, place on wooden board, put in spoonful of meat mixture on each leaf and roll up, tuck in ends and use toothpicks if necessary.

Saute minced onion with remaining 1/2 teaspoon salt 1/4 teaspoon paprika and a dash of pepper in hot fat in frying pan or Dutch oven for about 10 minutes.

Add hot water and transfer onion mixture to casserole or leave in Dutch oven.

Arrange cabbage rolls on top of onions.

Mix tomato sauce with sugar and 1/4 cup lemon juice; pour over cabbage rolls.

Cover and bake for 2 to 3 hours in a 325 deg. F. oven.

Taste and add more sugar and lemon juice if necessary. If cooked on top of stove do so over low heat. This recipe is better prepared a day in advance. Serves 4 to 5.

MAN'S ALL-IN-ONE DINNER

1 cup rice, uncooked
6 potatoes
2 onions
1 1/2 pounds ground beef
1 1/2 teaspoons salt
1/4 teaspoon pepper
2 tablespoons Worcestershire sauce
2 cups tomato sauce or canned tomatoes

Into a deep greased baking dish, place uncooked rice. Peel potatoes and slice onions. Place a layer of potato slices over the rice, follow with a layer of onions and ground meat. Continue until all are used, having the potatoes as a top layer. Add salt, pepper and Worcestershire sauce to the tomatoes. Pour over prepared vegetables and meat. Cover. Bake in moderate oven, 350 deg. F., for 1 1/2 hours or until potatoes and rice are done. Makes 6 servings.

HAMBURGER SKILLET DINNER

3/4 cup raw rice
2 tablespoons fat
1/4 cup chopped onion
1/4 cup chopped celery
1 pound hamburger
2 1/2 cups canned tomatoes
2 teaspoons salt
Pinch pepper
1 teaspoon sugar (that's right)
1 cup stock OR bouillon (bouillon cube and 1 cup hot water)
1 teaspoon Worcestershire sauce

Brown rice slowly in 2 tablespoons hot fat in large (be sure it's large) heavy skillet, stirring frequently. Add onion, celery and hamburger. Brown well. Add tomatoes and rest of ingredients. Cover. Simmer until rice is tender, about 45 minutes. Makes 4 servings.

SKILLET DINNER

1 clove garlic
1 cup finely diced onion
1/2 pound ground beef
1/2 cup uncooked rice
5 to 6 cups water
1 cup finely diced carrots
1 cup finely diced potatoes
1 to 2 teaspoons soy sauce
1 teaspoon salt
1/8 teaspoon pepper
2 tablespoons fat

Place fat in a 10-inch skillet and brown the garlic in it. Remove the garlic and add the onion and beef and cook until browned, stirring well. Add the rice and water and simmer uncovered, over low heat for 40 minutes. Add the carrots and potatoes and continue simmering until tender, about 20 minutes. Season with soy sauce, salt and pepper. Serve hot, garnish with parsley. Makes 3 to 4 servings.

COMPANY ITALIAN SPAGHETTI

1 large onion, chopped fine
2 cloves garlic, chopped fine
4 tablespoons corn oil
1/4 pound ground pork
3/4 pound ground beef
1 can tomato paste
1 large can tomatoes (3 1/2 cups)
Salt and pepper to taste
Oregano if desired
1 pound spaghetti, cooked
Cheese

Fry onion, garlic, oil and meat in frying pan until brown. Then add tomato paste and tomatoes, salt, pepper and oregano. Simmer for 2 hours. Cook and drain spaghetti. Put on a very large platter. Pour sauce over spaghetti. Grate cheese over all. Serve immediately. Makes 8 servings.

ITALIAN SPAGHETTI

POT 1:
10 ounces tomato soup
3 (6-ounce) cans tomato paste
20 ounces tomato juice
1/2 cup Parmesan cheese
1/2 cup sugar
3 small ground red peppers
3 tablespoons chopped parsley
1/2 teaspoon EACH oregano, sage, poultry dressing, nutmeg, and thyme

Cook, covered, 1 hour over medium heat. (No water is added.)

POT 2:
3/4 cup olive oil
1 pound ground pork
1 pound ground beef

Brown meats thoroughly in hot oil then add:
2 large onions
2 cloves garlic
1 cup diced celery
1/2 teaspoon black pepper
1 1/2 teaspoons salt

Put onions and garlic through food chopper and blend thoroughly. Simmer on medium heat for 1 hour, lid on. Combine Pots 1 and 2 and cook for 3 hours over slow fire, stirring occasionally. Makes 6 pints. Store in refrigerator.

TO SERVE: Heat 2 pints sauce while cooking 8 to 10 ounces spaghetti. (Sauce stores well in freezer.) Pour sauce over spaghetti and sprinkle with Parmesan cheese. Makes 4 generous servings.

FAMILY-STYLE SPAGHETTI

1 onion, minced
1 green pepper, finely chopped
2 tablespoons shortening
1 pound ground beef OR 1 pound ground pork AND 1/2 pound ground beef
3 1/2 cups canned tomatoes with juice
2 cloves garlic, finely chopped
1 bay leaf, crumbled
1 teaspoon salt
1/8 teaspoon pepper

Cook onion and green pepper in hot shortening until yellow. Add meat and cook until browned. Add rest of ingredients. Simmer slowly for 1/2 to 1 hour. Pour over hot, drained, cooked spaghetti, (16-ounces uncooked). Sprinkle generously with Parmesan cheese. Makes 6 to 8 servings.

SPAGHETTI WITH MEAT BALLS

3/4 pound ground round beef
1/4 pound ground pork
1 cup fine dry bread crumbs
1/2 cup grated Parmesan cheese
1 tablespoon minced parsley
2 small cloves garlic, cut fine
1/2 cup milk
2 eggs, beaten
1 1/2 teaspoons salt
1/8 teaspoon pepper

Combine ingredients and form into small meat balls. Fry meat balls and 1 cup minced onion in 4 tablespoons hot salad oil. Blend in 2 tablespoons flour. Add the following and simmer slowly for 1 hour:

5 cups cooked tomatoes
6 tablespoons minced parsley
6 tablespoons green pepper
2 1/2 teaspoons salt
1/4 teaspoon pepper
4 teaspoons sugar
2 bay leaves, crushed
1 teaspoon Worcestershire sauce

Serve hot oven drained, boiled spaghetti (1 pound). Sprinkle with sharp cheese. Makes 6 to 8 servings.

MEAT BALLS

1 pound ground round
1/2 pound lean pork
1/2 cup chopped onions
1 tablespoon butter
1/2 cup bread crumbs
2 cups milk or consomme
2 egg yolks well-beaten
1/2 teaspoon salt
1 teaspoon pepper
1 egg white stiffly beaten
Butter or shortening for frying

Cook onions in a little butter until tender. Mix with rest of ingredients, beating in the stiffly beaten egg white thoroughly with hand or wooden spoon. Chill mixture 2 to 3 hours. Shape into small balls. Fry in hot butter until browned. Makes 4 to 6 servings.

CHILI CON CARNE

1 pound ground steak
3 large sliced onions
2 cups kidney beans, cooked
Salt and pepper to taste
1 can tomatoes or tomatoe
1 can tomatoes or tomato juice (about 2 cups)
1 tablespoon chili powder

Sear meat in fat until brown. Add onions and brown. Add beans, tomatoes and seasonings. Simmer about 1/2 hour or until flavors are blended. Makes 4 to 6 servings.

CHILI CON CARNE

2 tablespoons salad oil
1 clove garlic, crushed
1 pound ground beef or pork
2 tablespoons chili powder
1/2 teaspoon oregano
2 (6-ounce) can tomato paste
1 (6-ounce) can water
Salt and pepper
1 can red kidney beans

Cook crushed garlic in oil until golden. Remove if desired. Add meat. Stir and mash until browned. Add rest of ingredients. Cover. Cook slowly for 30 minutes. Add canned beans and their liquid. Heat to boil. Taste for seasonings. Makes 6 servings.

ITALIAN SPAGHETTI SAUCE

2 stewing chickens, cut up
1 or 2 cloves garlic, chopped
1/2 cup chopped onion
1 green pepper, chopped
Chopped parsley
Chopped celery
Salt and pepper
2 to 3 tablespoons oregano and rosemary
1 bay leaf
1 teaspoon sugar
2 (28-ounce) cans solid pack tomatoes
4 cans tomato sauce
1 small can tomato paste
4 cans water (tomato paste size)

Brown chicken in hot olive oil. Add seasonings, solid tomatoes and tomato sauce. Simmer covered, for 2 hours. Add tomato paste and water, and simmer for 3 hours. Remove chicken. Mix sauce in cooking pot with freshly cooked spaghetti. Makes 8 servings.

SPECIAL TREAT HAMBURGER

1 1/2 pounds lean ground beef
3 tablespoons salad oil
1 large onion, chopped
1 clove garlic, minced
1 1/2 teaspoons salt
1/4 teaspoon pepper
1 cup evaporated milk
1 can (10 1/2-ounce) consomme
3 tablespoons tomato paste
1 tablespoon spicy meat sauce
3 tablespoons flour
1/4 cup sherry

Crumble the beef, then fry it in the oil with onion, garlic, salt and pepper until meat is very brown. Meanwhile combine evaporated milk, consomme, tomato paste and meat sauce. Sprinkle flour over brown meat and mix well. Stir in the consomme mixture. Cook slowly until thick over low heat, stirring often, about 20 to 25 minutes. Remove from heat and pour in the sherry. Serve over cooked rice, macaroni or spaghetti. Makes 4 servings.

SLOPPY JOES

1 pound ground lean beef
1 tablespoon cooking oil
1/4 cup chopped onion
2 tablespoons chopped green pepper
1 (8-ounce) can tomato sauce
1 1/4 teaspoons salt
1 (4 1/2-ounce) can chopped ripe olives
Hamburger buns

Brown beef in oil. Add onion and pepper and soften. Add tomato sauce and salt. Simmer until thick, about 20 to 24 minutes. Add olives. Serve on toasted bun. Makes 4 to 6.

GROUND BEEF CURRY

1 small onion, chopped
1 clove garlic, chopped
1/2 to 2 teaspoons curry powder
1 1/2 tablespoons margarine
1 pound ground beef
2 tablespoons flour
1 1/4 teaspoons salt
1/4 teaspoon powdered ginger
2 cups whole milk

Cook onion, garlic and curry powder in margarine until golden. Add ground meat and stir to brown the meat. Sprinkle with flour, salt, ginger, and pepper, if desired. Gradually pour in milk, stirring all the time. Cook until thickened. Cover. Simmer over low heat for about 25 minutes, stirring occasionally. Serve over hot, buttered rice, noodles or spaghetti. Makes 4 servings.

STEAMED VEAL SOUFFLE

1 1/2 pounds ground veal
1/2 pound ground pork
1 1/2 cups finely rolled cracker crumbs
3 egg yolks
3/4 cup milk
1/4 teaspoon nutmeg
1 tablespoon onion juice
1 1/4 teaspoons salt
1 tablespoon melted butter
1/4 teaspoon pepper
1/4 cup chopped celery
1/8 cup chopped parsley

Combine all ingredients. Beat 3 egg whites until stiff and fold them into the other ingredients. Grease a pudding mold, fill it with the mixture, close it tightly and steam the souffle for 2 1/2 hours. Serve the souffle with Mushroom Sauce. Makes 8 servings.

MUSHROOM SAUCE

1 can condensed mushroom soup (10 1/2 ounce) mixed with 1/3 to 1/2 cup milk. Simmer about 2 minutes.

VARIATIONS: To Mushroom Sauce add:

Mushroom-Cheese Sauce: 1/4 cup grated mild cheese. Stir until melted.

Mushroom-Almond Sauce: 3 tablespoons finely chopped or sliced blanched almonds, and mix thoroughly.

Mushroom-Egg Sauce: 1 hard-cooked egg chopped, 1/4 teaspoon grated lemon rind. Mix and heat.

SKILLET SWISS STEAK

2 pounds round steak, 1/2-inch thick
1/4 cup flour
2 tablespoons fat
2 teaspoons salt
1/8 teaspoon pepper
1/2 cup sliced onions
2 cups tomato juice
2 tablespoons flour

Pound flour into steak with edge of a heavy saucer. Melt fat in a heavy skillet. Brown meat well on both sides. Add seasonings, onions and tomato juice. Cook slowly for 2 hours. Remove meat to a hot platter. Add enough water to remaining broth in skillet to make 1 1/2 cups. Thicken the broth with the flour mixed with 1/2 cup cold water. Stir and boil 5 minutes. Serve gravy over meat. Makes 8 servings.

EVERYDAY BEEF STROGANOFF

3 pounds round or sirloin steak, cut 1/2-inch thick
3 tablespoons butter or margarine
1 large onion, thinly sliced
4 tablespoons flour
1 can condensed consomme
1 can condensed tomato soup
1 (8-ounce) can mushroom stems and pieces, drained
1 teaspoon Worcestershire sauce
1 1/2 teaspoons ac'cent
Salt and pepper to taste
1 cup dairy sour cream
1/2 teaspoon paprika

Remove skin and fat from meat; cut meat across grain in narrow strips about 2-inches long. Heat butter in large, heavy skillet; add meat and cook, stirring with fork, until nicely browned. Add onions; continue cooking 2 to 3 minutes. Sprinkle flour over meat and stir well. Add consomme and tomato soup; cook, stirring constantly, till sauce boils and thickens. Add drained mushrooms and seasonings. Cover and simmer gently, stirring occasionally, 1 to 1 1/2 hours, or until meat is tender. Stir in sour cream and paprika; season if needed. Do not boil. Makes 8 servings.

SAUTE DE BOEUF STROGANOFF

1 pound beef filet, diced
1 cup mushroom, diced
1/2 cup sour pickle, diced
1 cup white wine, dry
1 small onion, minced
6 tablespoons butter
4 teaspoons dairy sour cream
3 teaspoons lemon juice

Season diced beef with salt and pepper and saute rapidly in butter until cooked, 7 to 9 minutes (rare or well done). Strain.

Reduce in same sauce pan, white wine, onion, lemon juice, dash of pepper, until half of the original volume. Then add beef, mushrooms and pickle. Bring to a boil and just before serving add sour cream. This dish should not be prepared until your guests are seated as it only takes 10 minutes. Makes 4 servings.

WIENER SCHNITZEL

2 (6-ounce) veal cutlets
Flour
3 tablespoons Parmesan grated cheese
1 egg, beaten
1 teaspoon minced parsley
1/2 teaspoon salt
1 4 teaspoon pepper
1/4 teaspoon grated nutmeg
1/2 cup milk
6 tablespoons butter
Juice of 1 lemon
Parsley or anchovies for garnish

Wipe meat, pound thin. Dip in flour. Mix ingredients to make smooth batter. Dip in batter. Cook over low heat until done. Mix butter and lemon juice in pan and serve over cutlets. Garnish with parsley and anchovies.

BAKED SWEET AND SOUR PORK CHOPS

6 pork chops
1 teaspoon ginger
1 teaspoon salt
1 teaspoon pepper
1 teaspoon paprika
1/4 cup flour
3 tablespoons brown sugar
2 tablespoons white vinegar
1 cup pineapple juice
2 tomatoes, sliced

Mix flour, ginger, salt, pepper and paprika. Place pork chops in flat pan and rub them liberally with the mixed spices. Brown in frying pan. Return to flat casserole. Mix together sugar, vinegar and pineapple juice. Pour over chops. Top with tomato slices. Cover. Bake in slow oven, 325 deg. F., for 1 hour, or until tender.

ORANGE PORK CHOPS

5 pork chops
1 tablespoon shortening
1/2 teaspoon salt
1/8 teaspoon pepper
1/2 cup orange juice
2 tablespoons water

Melt fat in pan. Add chops. Brown well on both sides. Sprinkle with salt and pepper. Add orange juice and water. Cover. Cook on top of stove or in covered casserole in oven, 350 deg. F., for 30 minutes or until tender. Garnish with sliced orange.

PORK CHOPS SUPREME

1/2 cup raw rice
4 thick pork chops
1 large tomato sliced
1 medium onion, sliced
1 can condensed consomme, undiluted
1/8 teaspoon EACH marjoram and thyme

Place raw rice in bottom of buttered casserole. Place chops over rice. Top each chop with thick slice of tomato and onion. Sprinkle with marjoram and thyme. Pour consomme over all. Cover. Bake in moderate oven, 350 deg. F., for 60 to 70 minutes, or until tender. Makes 4 servings.

BARBECUED PORK CHOP CASSEROLE

BARBECUE SAUCE
1/4 cup ketchup
1 1/2 tablespoons fat
2 teaspoons Worcestershire sauce
3 tablespoons vinegar
2 tablespoons water
1/4 teaspoon salt

Combine all ingredients in a saucepan. Stir until mixture boils and boil for 3 minutes. Dredge 4 pork chops in seasoned flour and brown in fat in frying pan. Into a greased baking dish put:

2 cups canned or cooked lima beans
3/4 teaspoon salt
2 cups canned kernel corn
1/8 teaspoon salt

Place chops over vegetables and cover with sauce. Bake at 350 deg. F., for 45 minutes.

BARBECUED SHORT RIBS

3 pounds short ribs, cut into serving pieces
2 tablespoons shortening
1 to 2 onions, chopped
1/2 cup vinegar
2 tablespoons brown sugar
1 cup catsup
1/2 cup water
3 tablespoons Worcestershire sauce
1 teaspoon prepared mustard
1/2 cup sliced celery
2 teaspoons salt

Melt shortening in frying pan. Brown ribs with onion in hot fat. Add rest of ingredients. Cover. Simmer 1 1/2 to 2 hours or until tender.

DINNER-IN-A-BASKET

1 large sheet heavy duty foil
Butter
1 envelope dehydrated onion soup
2 pounds lamb, chicken, stewing beef or veal
3 tablespoons apple juice OR wine (optional)

Butter a large piece of foil lightly. Spread half of soup on foil. Arrange meat, (cut in serving pieces) and sprinkle remaining soup over meat. Add liquid if desired. Fold foil over meat, turning in ends to seal it completely. Do not add salt and pepper. Bake at 375 deg. F., 1 hour for beef, lamb, or chicken, 1 1/2 hours for veal. Makes 4 servings.

BEEF POT ROAST

4 pounds chuck, round, or rump beef
1/4 cup flour
1/2 cup water
3 tablespoons fat

Dredge meat with flour and brown on all sides in hot fat. Season with salt and pepper. Add water, cover and cook slowly until tender, 3 to 4 hours. As the liquid cooks away add more if needed. Serve with gravy and vegetables.

VARIATIONS:

1. Add uncooked pared potatoes, carrots, green beans, or onions, just long enough before serving to cook them. (They may be whole, quartered, or sliced.)
2. Use tomatoes, or tomato juice in place of water.
3. After browning, put 1/4 cup horseradish over meat.
4. Before cooking cut slits in the meat and insert garlic slivers in the meat.
5. Marinate meat for 1 hour by soaking in a mixture of equal parts of vinegar and cooking or olive oil. Rub roasting pan with a cut clove of garlic.

POT ROAST IN FOIL

3 1/2 to 4 pound pot roast
Small clove of garlic
6 medium potatoes, peeled
6 small scraped carrots
1/2 cup chopped celery
1/2 cup chopped green pepper
Salt and pepper
Meat spices to taste
Heavy duty aluninium foil (18 inches wide)

Brown roast in 4 tablespoons hot fat. Place meat in centre of foil and put the vegetables around the roast. Add spices to taste. Seal edges of foil. Place on baking pan. Bake in slow oven, 300 deg. F., for 3 1/2 hours.

At the end of the cooking time, transfer the meat to a platter and arrange the vegetables around the roast. Pour juice into a saucepan and skim off fat. Thicken if desired.

FLANK STEAK WITH CARROT STUFFING

2 1/2 pound flank steak
1 tablespoon butter
3 tablespoons chopped onion
1/2 cup dry bread crumbs
1 cup cooked mashed carrots
1 egg
1/4 cup chopped parsley
1 1/2 teaspoons salt

Melt butter, add onion, and cook until soft. Combine with bread crumbs, mashed carrots, slightly beaten eggs, parsley and salt. Mix well. Wipe steak. Trim. Spread with carrot mixture taking care not to come to edges. At narrow end roll up like jelly roll and tie firmly. Brown roll on all sides. Season with salt and pepper. Bake in covered pan, in moderate oven, 325 deg. F., for 1 1/4 hours, or until done.

TO MAKE GRAVY: Remove steak from pan, blend in 2 tablespoons of flour. Add 1 1/2 cups boiling water, stirring constantly until thick and smooth. Bring to boil and simmer 2 minutes. Makes 8 to 10 servings.

VEAL SCALLOPINI

1 1/2 pounds veal round, thinly sliced
Flour, salt and pepper
1 clove garlic, crushed
1 small onion, sliced
2 tablespoons salad oil
1/2 cup sliced mushrooms
1 cup chicken bouillon (use cube)
1/2 cup dry white wine
1/4 cup tomato juice
1/8 teaspoon nutmeg
1/4 cup grated Parmesan cheese
2 tablespoons chopped parsley

Trim skin and gristle from veal. Dredge in seasoned flour. Pound thin. Cut into 1x 3-inch strips. Cook garlic and onion in heated oil. Add veal and brown. Remove garlic. Add mushrooms, chicken stock, wine, tomato juice and nutmeg. Reduce heat. Cover pan. Cook slowly, stirring occasionally until tender, about 30 to 40 minutes. Sprinkle with cheese and parsley. Makes 4 to 6 servings.

HUNGARIAN PAPRIKA

1 1/2 pounds lean veal, cut up
1 tablespoon hot fat
1/4 teaspoon white pepper
Salt
1/2 teaspoon paprika (or more)
1 tablespoon chopped parsley
1 chopped onion
1 pound sliced fresh mushrooms
1 tablespoon flour
1 cup dairy sour cream

Brown veal in hot fat. Sprinkle with salt, pepper, paprika, parsley and onion. Add small amount of water and simmer for 1 hour. Add mushrooms and cook until tender. Add flour and cook 3 minutes longer. Add sour cream. Serve with hot, cooked rice.

MOCK CHICKEN LEGS

1 pound veal steak cut 3/4-inch thick
1 pound pork steak cut 3/4-inch thick
12 medium meat skewers
3 eggs, beaten
Cornflakes
4 tablespoons butter or substitute
Salt and pepper
4 1/2 cups water
1/2 tablespoon cornstarch
1 tablespoon flour

Cut veal and pork in 1-inch squares. Alternate pork and veal squares on meat skewers, until there are 4 pieces on each. Dip meat in beaten egg, then roll in cornflakes, brown in butter. Season with salt and pepper. Place on greased baking dish. Add 2 cups water. Cover. Bake in moderate oven, 350 deg. F., for 1 hour. Remove meat to platter.

Make gravy by mixing cornstarch and flour with 1/2 cup cold water. Add fat from baking pan. Stir until smooth: add 2 cups water and cook until thick. Season to taste. Makes 6 servings.

MOCK DUCK

Flank steak or 2 small 1-inch rump steaks
Bread stuffing
3 tablespoons fat
2 cups boiling vegetable stock

Pound flank steak, trim edges and season with 1 teaspoon salt, 1/8 teaspoon paprika and 1/8 teaspoon ginger, if desired. Spread the following dressing over half the flank or one of the rump steaks:

1/4 cup butter or bacon drippings
2 tablespoons chopped onion, browned
1 cup bread crumbs
1/4 teaspoon salt
Few grains paprika
2 tablespoons chopped parsley
3 tablespoons chopped celery
1 egg, slightly beaten

Brown onion in fat, add other ingredients. Fold over other half of flank, or cover rump with second steak. Sew edges together with a coarse needle and thread. Brown meat well in hot fat. Add stock. Cover skillet closely and simmer until meat is tender, about 2 hours.

Remove meat. Remove thread. Place meat uncovered in a moderate oven, 375 deg. F. Baste frequently, letting it brown. Thicken drippings with flour.

SHANGHAI CASSEROLE

3/4 cup sliced onions
2 tablespoons shortening
1/2 pound boneless pork, cut in small thin strips
1/2 pound boneless veal, cut in small thin strips
3 tablespoons soy sauce
1/2 teaspoon onion salt
1/4 teaspoon monosodium glutamate
1 1/2 cups diced celery
1 (4-ounce) can of mushrooms
1 can Chinese vegetables
2 tablespoons cornstarch

Brown onions in shortening; remove; save. Brown meat. Add soy sauce, salt, monosodium glutamate, and 2 to 3 cups hot water to cover. Simmer 30 to 45 minutes. Add celery; simmer 15 minutes more. Add mushrooms and vegetables with liquid and browned onion (keeping 1 tablespoon for topping).

Mix cornstarch and 3 tablespoons water to a smooth paste. Add to meat mixture, stirring constantly until thick and clear. Season to taste with pepper. Pour into a 2-quart casserole and top with Onion Biscuit Topping made as follows:

ONION BISCUIT TOPPING

1 cup sifted all-purpose flour
1 1/2 teaspoons double-acting baking powder
1/2 teaspoon salt
1 teaspoon celery seed
1/4 cup shortening
1 egg, slightly beaten
1/3 cup milk

Sift flour, baking powder, salt. Add celery seed. Cut in shortening until mixture is like coarse meal. Blend in reserved tablespoon of browned onion. Add milk to egg. Add, mixing only until all flour dampened. Drop by rounded teaspoonfuls onto hot meat mixture. Bake casserole in moderate oven, 400 deg. F., for 20 to 25 minutes. Makes 6 to 8 serving.

SWEET-SOUR PINEAPPLE PORK

1 pound fresh pork, cut in 1 1/2-inch pieces
Seasoned flour
1 tablespoon hot pork fat
3 tablespoons vinegar
1 tablespoon soy sauce
1/2 cup water
1 tablespoon cornstarch
1 cup pineapple juice, drained from -
1 (No. 2) (20-ounce) can pineapple chunks
1 green pepper, cut in strips
1 cup uncooked rice
1 pound fresh tomatoes

Roll pieces of pork in seasoned flour, brown in hot pork fat. Add vinegar, soy sauce and water. Cover and simmer 30 minutes, or until tender.

In a saucepan, combine cornstarch with two tablespoons pineapple juice. Stir in remainder of juice. Heat gradually to boiling, stirring constantly; cook until thick and clear.

Combine sauce, meat, pineapple chunks, and green pepper. Cover and heat 5 minutes. Serve on cooked rice with sliced tomatoes. Makes 4 servings. (Two pounds spareribs, cut in 1-inch pieces and well browned may be used.)

SWEET AND PUNGENT PORK

1 egg beaten
2/3 cup flour
1/2 teaspoon salt
4 tablespoons water
1 pound shoulder pork, cut in 1/2-inch cubes
2 small green peppers, cut in strips 1/2-inch wide
1/2 cup brown sugar
3/4 cup vinegar
1 cup water
2 tablespoons molasses
2 small tomatoes, cut in small pieces
3 tablespoons cornstarch
1/4 cup water
2 cups cooking oil
1 1/2 cups drained canned pineapple chunks

Combine egg, flour, salt and 4 tablespoons water to make thin batter. Add pork cubes to batter and mix until well-coated. Fry in hot cooking oil till cooked and browned. Drain well and keep hot.

Combine green pepper, pineapple, brown sugar, vinegar, 1 cup water and molasses. Bring to a boil, stirring constantly. Add tomatoes. Combine cornstarch and 1/4 cup water, add to hot mixture. Cook, stirring constantly, until thickened. Add pork and cook 5 minutes longer. Makes 4 servings.

MONTY'S BARBECUED SPARERIBS

2 pounds back or side ribs
Salt and pepper
1/2 cup water
2 garlic cloves

Place ribs, salt, pepper, water and garlic cloves in pressure cooker and cook 20 minutes at 15 pounds pressure. OR if on top of stove, simmer for 45 minutes to 1 hour. Remove and drain well.

SAUCE

1 bottle ketchup
1 teaspoon salt
1/8 teaspoon pepper
1 tablespoon dry mustard
1/2 clove garlic, chopped
4 drops Tabasco sauce
2 tablespoons brown sugar
2 tablespoons vinegar
1/2 teaspoon sage (optional)

Mix sauce ingredients and blend well. (Sauce will keep indefinitely in refrigerator and improves day by day.) Apply sauce to face and side of ribs with brush. Let sauce set in 375 deg. F. oven. Remove. Turn ribs; brush again; let set in oven. Baste twice on serving side approximately 1 hour.

SWEET 'N' SOUR SPARERIBS

2 1/2 to 3 pounds meaty pork spareribs
Salt and pepper
1 small onion chopped
1/2 green pepper, diced
1/4 cup thinly sliced celery
2 tablespoons pork fat
1 tablespoon cornstarch
2 1/2 cups crushed pineapple, undrained
1/4 cup vinegar, cider or tarragon
1 tablespoon soy sauce

Have ribs cut lengthwise into 2 strips. Season. Cut into small servings. Let stand 1 hour. Place in open roasting pan. Roast for 1 1/2 hours, turning several times. Pour off fat.

Fry onion, pepper, celery in fat for 4 minutes. Mix cornstarch, pineapple and syrup. Add and cook, stirring occasionally until slightly thickened. Add vinegar and soy sauce. Pour sauce over ribs and bake for 45 minutes longer, basting occasionally. Makes 6 servings.

BARBECUED SPARERIBS
(Western Style)

4 pounds spareribs
1 medium onion
2 stalks celery
3 tablespoons shortening
3 tablespoons vinegar
2 tablespoons brown sugar
4 tablespoons lemon juice
1 cup catsup
1 tablespoon Worcestershire sauce
1 teaspoon prepared mustard
1/3 cup hot water
1 teaspoon salt

Wipe spareribs and cut into serving pieces. Bake 20 minutes in 350 deg. F., oven. Makes sauce as follows: Chop onion and celery. Melt fat. Add vegetables and cook until just tender. Add rest of ingredients and bring to boil, stirring often. Lower heat and simmer 15 minutes.

Remove spareribs from oven and drain off fat. Cover with half the sauce and return to oven for 30 minutes. Then add rest of sauce and bake another 30 minutes. Makes 6 servings.

STUFFED SPARERIBS

Use two whole or half sheets of spareribs, or if one sheet is used have it cracked along both sides so that the ends may be folded up over centre piece.

Place your favorite stuffing over sheet or centre of sheet. Put sheets together or fold sides up over centre and sew or tie together. Bake at 325 deg. F., 1 1/2 to 2 hours, or until tender.

SPARERIBS WITH SAUERKRAUT

Serve baked spareribs with cooked or canned sauerkraut. If desired, place sauerkraut over ribs when baked 3/4 hour, cover and bake about 1/2 hour longer, adding a small amount of hot water if sauerkraut is dry. Use about 1 quart of sauerkraut with 3 pounds of spareribs.

JOHN NORTON'S STEAK AND KIDNEY STEW

1 1/2 pounds beef steak
1 large beef kidney
3 tablespoons flour
1 teaspoon salt
1/2 teaspoon pepper
1/2 teaspoon mace
1 large onion, chopped fine
Pinch cayenne pepper
2 strips bacon, chopped fine
1/2 pound fresh mushrooms
Butter
1/2 pint oysters
3 cups stock or water
1 bay leaf
2 tablespoons sherry
Parsley

Soak kidney in salted water for at least 2 hours. Cut into thin slices. Remove tissue. Cut steak into thin slices. Place seasonings with flour in bag. Add kidney and beef. Shake well.

Fry bacon, onion and mushrooms in butter until golden. Using the same pan sear the steak and kidney. Add more butter, if necessary, to prevent burning. Remove to baking dish.

Cover with stock or water. Add bay leaf. Bake in moderate oven, 350 deg. F., for 1 1/2 to 2 hours, stirring often. Add oysters 5 minutes before taking from oven. Add sherry. Sprinkle with chopped parsley. Serve with toast points or buttered rolls.

REALLY GOOD BEEF STEW

1 pound stewing meat, cubed
1 teaspoon Worcestershire sauce
Garlic salt
1/2 teaspoon pepper
Ac'cent (mono-sodium glutamate)
2 onions, cut in quarters
Salt to taste
1/2 teaspoon paprika
1/8 teaspoon allspice
1 teaspoon sugar

Brown cut-up meat in hot fat, in heavy frying pan. Just cover with boiling water. Add spices. Simmer for 1 hour. Add any desired vegetables such as potatoes, carrots, or turnips. Cook until vegetables are tender. Thicken, if desired, by adding 2 tablespoons cornstarch mixed with 1/4 cup cold water.

BROWN STEW

2 pounds beef chuck, cut in 1 1/2-inch cubes
2 tablespoons fat
4 cups boiling water
1 teaspoon lemon juice
1 teaspoon Worcestershire sauce
1 clove garlic
1 medium-sized onion, sliced
2 bay leaves
1 tablespoon salt
1/2 teaspoon each pepper, paprika
Dash of allspice or cloves
1 teaspoon sugar
6 carrots, quartered
1 pound (18 to 24) small white onions

Brown meat on all sides in hot fat; add water, lemon juice, Worcestershire sauce, garlic, onion, bay leaves, and seasonings. Simmer 2 hours; stir occasionally to keep from sticking. Add carrots and onions. Continue cooking 20 to 30 minutes or until vegetables are done. (Cubed potatoes may be added, if desired.) Remove meat and vegetables; thicken liquid for gravy. Makes 6 to 8 servings.

BRAISED BEEF IN MACARONI RING, ITALIENNE

2 pounds beef stew meat, cubed
Flour
1 medium sized onion, minced
2 tablespoons salad oil
1 ounce dried mushrooms
1 clove garlic minced
1 cup water
2 (8-ounce) cans tomato sauce
1/2 cup Burgundy or claret wine
1 teaspoon ac'cent
1/2 teaspoon Oregano
Salt and pepper to taste

Dredge meat with flour. Saute meat, onion, and garlic in oil until nicely browned. Combine mushrooms and water in saucepan; bring to boil. Cut mushrooms fine with scissors; add with their liquid to meat. Add remaining ingredients. Cover and simmer gently, stirring frequently, about 2 hours, or until meat is tender. Add little more water or wine if necessary as gravy cooks down. Serve in centre of Macaroni Ring.

MACARONI RING

Cook 3/4 pound elbow macaroni in boiling salted water until tender; drain. Mix macaroni with 1/4 cup melted butter or margarine, 1/2 cup grated Parmesan cheese, 2 tablespoons chopped parsley, 1/2 teaspoon ac'cent, and salt and pepper to taste. Pack into well-greased 1 1/2-quart ring mold. Set mold in shallow pan of hot water; bake, 350 deg. F. oven, 15 to 20 minutes. Unmold on a heated platter. Makes 6 servings.

FRENCH STEW

2 pounds stewing beef
4 to 5 tablespoons flour
3/4 cup chopped tomatoes
3/4 cup chopped celery
1/2 cup chopped onion
2 cloves garlic, chopped
1 tablespoon tomato paste
1 cup dry red wine
Garlic, celery, onion, salts to taste
Salt and pepper
Sweet basil
Thyme to taste

Brown floured beef in hot fat. Add rest of ingredients, season, simmer about 2 hours.

BAVARIAN STYLE STEW

2 pounds stewing beef, cut 1-inch cubes
2 medium onions, sliced
3 tablespoons fat
3 cups hot water
1 bay leaf
3 teaspoons salt
1 1/2 teaspoons caraway seed
1/4 cup vinegar
1 medium red cabbage, shredded
1/2 cup broken gingersnaps

Brown beef and onion in hot fat. Add seasonings and hot water. Cover. Cook slowly for 1 1/2 hours. Add vinegar. Put cabbage on top of meat. Re-cover and cook 20 to 45 minutes longer. Remove cabbage and meat. Add gingersnaps, softened in warm water. Stir to make a smooth gravy. Serve meat in noodle ring surrounded with cabbage. Makes 4 to 6 servings.

NOODLE RING

4 ounces broad noodles
2 eggs, separated
1 cup milk
1/2 teaspoon salt
Dash of pepper
2 tablespoons chopped parsley

Cook and drain noodles. Beat yolks until thick and light, add milk, noodles, and seasonings; fold in stiffly beaten whites. Turn into greased ring mold, place in a pan of hot water and oven poach at 350 deg. F., until set, about 1 hour.

OX JOINTS WITH NOODLES

2 pounds oxtails, cut into 2-inch pieces
1 1/2 cups chopped onion
1 clove garlic, minced
2 to 3 tablespoons drippings
3 cups hot water
1 tablespoon sugar
1/2 teaspoon salt
1 teaspoon celery salt
1/8 teaspoon pepper
1 bay leaf
1 tablespoon vinegar
Noodles

Brown oxtails, onions and garlic, in hot fat. Add hot water and rest of ingredients. Cover. Simmer for 3 to 3 1/2 hours. Lift out meat pieces. Measure liquid. Make a gravy

by blending 2 tablespoons flour with 3 tablespoons cold water to each cup liquid. Season to taste. Serve with meat over hot noodles. Makes 6 servings.

OXTAIL RAGOUT

2 1/2 to 3 pound disjointed oxtail
2 tablespoons flour
2 tablespoons salad oil or shortening
1 medium onion, chopped
1 cup water
1/2 cup wine, water or apple juice
2 teaspoons salt
1/4 teaspoon pepper
1/2 teaspoon poultry seasonings
4 medium potatoes, quartered
4 stalks celery, cut in 1-inch pieces
6 medium carrots, cut in 1 1/2-inch pieces

Roll meat in flour. Heat oil or shortening in heavy skillet over medium heat. Add meat and brown on all sides. Add onion during last 5 minutes. Add water, wine, salt, pepper and poultry seasoning. Reduce heat. Cover. Simmer about 2 hours or until tender. Add more water if needed. Add vegetables about 45 minutes before cooking time is over. Makes 4 servings.

OLD-FASHIONED BEEF STEW

2 pounds beef, cut in squares and floured in 2 tablespoons flour
1 onion, chopped
1/2 tablespoon salt
8 small onions, peeled, chopped
8 small carrots, scraped
8 small potatoes, scraped
4 small turnips, peeled, quartered
3 stalks celery, chopped
1 bay leaf
12 peppercorns
1 teaspoon celery seed
12 whole allspice
2 tablespoons fat

Brown meat and onion in a little hot fat. Add boiling water almost to cover. Tie spices in bag. Add seasoning and celery. Simmer 2 hours. Add vegetables. Cook until tender. Remove spice bag. Thicken gravy. Makes 4 to 6 servings.

BREAST OF VEAL LOUISIANA

3 pounds breast of veal, cubed
2 onions, diced
1 tablespoon flour
1 can tomatoes (2 1/2 cups)
2 stalks celery, diced
2 green peppers, diced
3 carrots, diced
4 cups water
2 each bay leaves, cloves
1 1/2 teaspoons salt
1 tablespoon chopped parsley
Pinch of thyme
2 buds of garlic
1/8 teaspoon pepper

Brown the meat in a little fat, then add the onions and peppers and saute lightly. Make a roux of the flour with a tablespoon of fat and add to the meat and onion mixture. Then add the vegetables, and spices tied in a bag, if desired. Simmer for 1 hour. Thicken gravy further if necessary. Serve with fluffy cooked rice. Makes 8 servings.

VEAL GOULASH

1 1/2 pounds veal stew meat (1-inch cubes)
2 tablespoons fat
Salt and pepper
Flour
2 cups water
1 tablespoon Worcestershire sauce
1 clove garlic
Hot cooked noodles

Dip meat in seasoned flour and brown in hot fat. Add the water, Worcestershire sauce, and garlic. Cover and cook slowly until tender, about 1 hour. Add more water if necessary to prevent burning and to keep 2 cups stock. Remove garlic. Serve over hot buttered noodles. Makes 6 servings.

CURRIED VEAL

1 1/2 pounds veal, diced
1 large onion, sliced
2 tablespoons butter or margarine
1 1/2 teaspoons lemon juice
1 1/2 teaspoons curry powder
2 cups strained tomato juice
Salt and pepper to taste

Dice veal. Brown onion in melted butter. Add meat. Add lemon juice and curry powder. Cover tightly and cook 15 minutes. Add tomato juice. Simmer 1 1/4 hours or until tender. Serve with cooked rice and chutney. Makes 6 servings.

ALMOND-VEAL, CHINESE STYLE

1 pound cubed veal
2 tablespoons hot fat
1 cup onion, cut fine
1/2 cup uncooked rice
1 can condensed chicken rice soup
4 tablespoons soy sauce
1 cup water
1 cup celery, cut fine
2 cups canned or frozen peas
1/4 cup chopped toasted almonds

Brown the veal well in the hot fat. Add onion and saute until golden. Pour into a 2-quart casserole and add rice, soup, soy sauce and water. Cover and bake at 425 deg. F., for 40 minutes. Uncover and add celery and peas. Sprinkle with almonds, cover and bake another 20 minutes at 425 deg. F. Makes 4 to 6 servings.

BEEF CHOP SUEY

1 pound beef, cut into 1/4-inch cubes
3 tablespoons cooking oil
1/2 teaspoon pepper
2 teaspoons salt
2 1/2 tablespoons soy sauce
3 cups celery, cut in 1-inch lengths
2 large mild onions, cut into chunks
1 tablespoon molasses
2 cups beef stock or boiling water
2 cups fresh bean sprouts
3 tablespoons cornstarch
1/4 cup water

Heat oil, add beef cubes, salt and pepper. Cook 3 to 4 minutes, stirring constantly. Stir in soy sauce. Remove meat. Add celery, onions, molasses and boiling water. Cook, stirring for 10 minutes more. Add bean sprouts. Cook 3 minutes. Add beef. Add cornstarch and 1/4 cup cold water mixed together. Cook, stirring, until thickened. Makes 4 to 6 servings.

LAMB CURRY

3 medium onions, diced
1 stalk celery, cut fine
1 diced apple
2 tablespoons butter
1 pound lean lamb, cut into 1-inch squares
1 tablespoon curry powder
1/4 cup tomato puree

1 1/2 cups consomme or bouillon
1 clove garlic, crushed
Salt to taste
1/2 cup shredded coconut

Fry onion, celery, apple in butter for 10 minutes. Brown lamb separately. Add to rest. Stir in curry powder and mix well. Add tomato puree, stock, garlic, salt and coconut. Cook 2 hours or until tender. Add more liquid if necessary.

IRISH STEW

3 pounds lamb shank, breast, neck or shoulder, cubed
3 tablespoons flour
Salt and pepper
3 tablespoons fat
Hot water
4 potatoes
8 small onions
8 carrots
1 pound fresh peas or 1 can peas
8 white turnips
Flour

Dredge lamb with seasoned flour. Brown well in the hot fat. Cover with hot water and simmer until tender, 1 to 1 1/2 hours. Add the peeled vegetables whole or cubed. Simmer 30 minutes. Mix a little flour to a paste with water and add to the hot stew. Cook until slightly thickened. Makes 8 servings.

BREAST OF LAMB CASSOULET

4 cups large dry lima beans
1 clove garlic
2 onions
Whole cloves
1 carrot
1/4 pound salt pork or bacon
1 ham hock
4 teaspoons salt
2 garlic sausages
1/4 cup oil or drippings
1 breast of lamb (about 2 pounds)
1 (8-ounce) can tomato paste
1 cup white table wine

Rinse limas and soak several hours or overnight in 10 cups water. Mince garlic. Stick 1 onion with cloves. Dice carrot and salt pork or bacon. Combine limas, garlic, onion with cloves, carrot, salt, pork, ham hock and salt, and simmer until tender, about 1 to 1 1/2 hours.

Dice remaining onion. Brown chopped sausage and onion in oil. Remove from oil. Cut lamb in riblets and brown. Drain limas, reserving liquid. Remove fat from hock and dice meat. Arrange limas and meat in large casserole in layers. Blend tomato paste, wine and 1 cup liquid from limas and pour over all. Bake in moderate oven, 350 deg. F., 1 to 1 1/2 hours. Makes 8 to 10 servings.

BARBECUED LAMB SHANKS

4 lamb shanks (1 1/2 pounds each)
2 tablespoons fat
2 onions, sliced
1 cup catsup
1 cup water
2 teaspoons salt
2 tablespoons Worcestershire sauce
1/2 cup vinegar
1/4 cup brown sugar
2 teaspoons dry mustard

Brown the shanks in hot fat in a heavy skillet. Combine remaining ingredients and pour over the shanks. Cover and simmer on top of the stove or bake at 350 deg. F., until meat is tender, about 2 hours. Spoon the sauce over the shanks 2 or 3 times during cooking. Uncover and continue cooking 15 minutes. Makes 4 servings.

SWEET AND SOUR SHOULDER OF LAMB

1 (4-pound) boneless shoulder, rolled and tied
3/4 cup cider vinegar
3/4 cup water
1/2 teaspoon salt
3 tablespoons brown sugar
1 medium onion sliced

Place lamb on rack in roasting pan. Combine rest of ingredients and pour over lamb. Bake at 325 deg. F., 3 to 4 hours, basting frequently. Makes 8 servings.

CORNISH PASTIES

1 1/4 cups sifted all-purpose flour
1/2 teaspoon salt
1/8 teaspoon sugar
1/3 cup shortening
About 3 tablespoons cold water

Sift together the flour, salt and sugar. Add 1/2 of the shortening and work it in with pastry blender until the mixture looks like coarse meal. Add the remaining shortening and cut in until particles are the size of a small bean. Sprinkle the mixture with water, a tablespoon at a time, and work together lightly with a fork, until a soft dough is formed. Divide into 4 parts. Roll each part out on lightly floured board to circle the size of a dinner plate and 1/4 inch thick. Place on one side of the pastry circle some of the following mixture:

1 pound round steak, cut into small cubes
(with some fat)
1 cup raw potatoes, diced
1 1/4 cups onion, chopped
Salt, pepper, finely chopped celery and parsley for flavoring
2 1/2 tablespoons butter
8 tablespoons cream

Mix together the ingredients except the butter and the cream. Place generous portion of the mixture on one side of each round; dot with butter. Wet the edges of half of each circle of pastry. Fold plain half over filled half, pinching edges together to seal. Prick top to allow escape of steam. Brush with beaten egg or milk. Bake at 325 deg. F., for about 2 hours. 15 minutes before removing, make small incision and insert 2 tablespoons cream.

BEEF STEAK AND KIDNEY PIE

1 pound kidney, prepared and cut-up
1 1/2 pounds round steak, cut into strips 3 inches long and 1/4 inch wide
3/4 teaspoon salt
1/2 teaspoon marjoram
1/2 teaspoon allspice
1/2 teaspoon cinnamon
1/2 cup all-purpose flour
3 tablespoons finely chopped onion
2 1/2 cups canned consomme or bouillon, undiluted
1 bay leaf
2 hard cooked eggs, sliced, optional
Flaky pastry

Cover kidney with boiling water. Let stand until white membrane shows. Remove white membrane and cut out the tubes. Mix seasonings and flour. Roll steak and kidneys in flour to coat. Place in saucepan. Sprinkle with remaining seasoned flour and onion. Add consomme and bay leaf. Simmer over low heat until tender.

Pour into deep pan. (Add 1/4 cup sherry to meat, if desired, and stir to blend.) Add sliced hard-cooked eggs. Place pastry covering over top. Make steam slits. Brush with slightly beaten egg yolk mixed with milk or cream to make glaze on

pastry. Bake in moderate oven, 375 deg. F., for 25 to 30 minutes until golden brown. Makes 6 servings. (Canned, drained mushrooms can be added to meat before placing in baking dish.)

DOUBLE CRUST MEAT PIE

Pastry for 2 crust (9-inch) pie
2 tablespoons shortening
1 pound minced beef
1 cup chopped onion
1 cup grated carrots
1 teaspoon salt
1/4 teaspoon pepper
1/2 teaspoon sugar
1/4 cup tomato catsup
1 cup water
2 teaspoons prepared mustard

Brown minced beef and onion thoroughly in hot shortening. Add carrot, salt, pepper and sugar. Stir in catsup, water and mustard. Simmer, uncovered, for 15 to 20 minutes, or until mixture is thickened a little.

Line baking dish with pastry. Put cooked meat mixture in this. Put top crust over all. Make steam slits. Bake in hot oven, 425 deg. F., for about 40 minutes or until done.

You can use just a top crust of pastry or a top crust made of baking powder biscuit dough. Be sure the minced beef is lean or the mixture will be too greasy. Makes 6 servings.

ENGLISH PORK PIE
(Melton Mowbray)

Pastry to fit an 8 x 4 x 3 1/2-inch loaf pan, rolled to cover bottom, sides and top. 4 hard-cooked eggs, sliced lengthwise and 4 halves placed on bottom of lined pan.

FILLING:
1 pound EACH pork, veal, and ham, cut up
2 chopped onions
1 teaspoon sage
1 teaspoon thyme
1/4 teaspoon pepper
1/2 teaspoon salt
2 tablespoons Worcestershire sauce

Blend well and spoon half of mixture over egg halves in pan. Press down. Top with remaining egg halves, then rest of filling. Press down. Cover with pastry top. Make steam slits. Bake at 375 deg. F., for 20 minutes until pastry is golden, then reduce heat to 250 deg. F. and bake 1 1/2 hours until meat is tender.

Soften 3 tablespoons gelatine in 1/4 cup cold water and dissolve in 2 cups hot consomme or bouillon. Pour through steam slits into slightly cooled pie. Refrigerate.

ITALIAN PIZZA

DOUGH:
1/2 cup scalded milk
1/4 cup shortening
1 1/2 teaspoons salt
1 teaspoon sugar
1 package yeast
1/2 cup lukewarm water
1 teaspoon sugar
3 cups all-purpose flour

PIZZA FILLING:
2 cups well-drained tomatoes
1/4 cup chopped onion
1/4 teaspoon thyme or oregano
1/4 cup chopped parsley
1/2 teaspoon salt
Few grains pepper
1 pound cooked sausage meat

Combine milk, shortening, sugar and salt. Cool to lukewarm. Soften yeast in 1/2 cup lukewarm water to which 1 teaspoon sugar has been added. Add to lukewarm ingredients when foamy. Work in flour and knead until smooth and satiny. Let rise until doubled in warm place.

Divide into 2 equal pieces. Roll into thin rounds. Place in 9 x 10-inch pie plates. Brush with salad oil. Mix the filling together. Spread over greased dough. Sprinkle generously with grated cheese. Bake in hot oven, 425 deg. F., for 20 to 30 minutes, or until done.

QUICK PIZZAS

2 cups all-purpose flour
3 teaspoons baking powder
1 teaspoon salt
1/3 cup cooking oil
2/3 cup milk
Cooking oil
Tomato topping
1/2 pound processed cheese

Sift flour, baking powder and salt into a bowl. Pour the 1/3 cup of oil into a measuring cup, add the milk and pour all at once into the dry ingredients. Stir with a fork until the mixture rounds up into a ball. Place the dough on waxed paper and knead about 10 times without the addition of flour. Roll between two sheets of waxed paper to 1/4 inch thickness.

Cut into 6 rounds with a 3 1/2 inch cutter. Place on ungreased cookie sheet. Brush the top of each round with oil and spread with tomato topping. Bake in hot oven, 400 deg. F. 15 minutes or until the edges are lightly browned. Remove from the oven and arrange strips of cheese in spoke fashion on the tops. Bake until cheese is melted.

TOMATO TOPPING:
1 cup canned drained tomatoes
1/2 cup chopped stuffed olives
2 tablespoons finely chopped green onion
1/4 teaspoon oregano
1/2 teaspoon salt
1/8 teaspoon pepper

Break up the tomatoes and combine with the olives, onion, and seasonings. Drain well just before placing on the rounds of dough.

QUICK PORK SAUSAGE TAMALE PIE

1 pound pork sausage links
1/2 cup chopped onion
1/4 cup chopped green pepper
2 cups cooked lima beans, drained
1/2 cup chili sauce
2 1/2 cups (No. 2 can) tomatoes
1 teaspoon salt
TOPPING:
3/4 cup corn meal
1 tablespoon flour
1/2 teaspoon salt
1 1/2 teaspoons baking powder
1 egg
1/3 cup milk
1 tablespoon soft shortening

For sausage base, brown sausages in frying pan. Remove; drain off all but a few tablespoons fat. Add onion, green peppers; cook until brown. Cut sausages in pieces; add with other ingredients to onion and green pepper. Cover; simmer 30 minutes. Pour into 2-quart casserole.

TO MAKE TOPPING: Sift dry ingredients into bowl. Add egg, milk, shortening. Beat with rotary beater until smooth, about 1 minute. Do not over-beat. Drop batter onto hot meat mixture. Batter will sink but rise during baking to form topping. Bake in hot oven, 425 deg. F., about 20 minutes. Makes 6 servings.

JOSEPHINE'S LIVER LOAF

1/2 pound pork liver, parboiled and ground
1 cup minced beef
1/2 cup sausage meat
1 cup dry bread crumbs rolled fine
1/2 cup shredded onion
1/2 cup tomato soup
1/2 cup cheese (optional)
1/2 teaspoon pepper
1 teaspoon salt

Mix in order given and bake in a loaf pan for 2 hours, at 350 deg. F.

LIVER LOAF

1/2 pound pork liver
3/4 pound ground beef, veal or pork
4 tablespoons chopped onion
1/8 teaspoon pepper
1 teaspoon salt
1 beaten egg
1/3 cup catsup
1 cup milk or water
1 1/4 cups rolled oats

Scald liver and put through the food chopper and add ground meat. Add the rest of the ingredients and mix thoroughly. Spoon and pack into greased loaf pan 4 1/2 x 10-inches. Bake at 350 deg. F., for 1 hour or until done. Serve hot or cold. If meat is lean, add 2 tablespoons melted shortening to the loaf ingredients.

MEAT LOAF

1 pound ground beef
1/2 pound ground veal or pork
2 cups soft bread crumbs (crusts off)
1 egg, beaten
1 1/2 cups milk
4 tablespoons minced onion
2 teaspoons salt
1/4 teaspoon pepper
1/4 teaspoon dry mustard
1/8 teaspoon sage

Combine ingredients. Mix thoroughly. Pack into greased 9 x 5 x 3-inch pan. Bake at 350 deg. F., for 1 1/2 hours. Serve hot or cold.

CHEESE MEAT LOAF

2 1/2 pounds ground lean meat
1 cup chopped cheese
3 tablespoons finely chopped green pepper
2/3 cup finely chopped onion
2 1/2 cups dry bread crumbs
1 tablespoon salt
1/2 small bay leaf, crushed
1/2 teaspoon thyme
Dash of garlic salt (optional)
3 eggs, beaten
2 1/2 cups canned tomato sauce

Mix ingredients thoroughly. Pack into 3 or 4 loaf pans. Bake one for dinner at 350 deg. F., for 1 hour. Wrap remaining 3 loaf pans in freezer paper and freeze.

TO BAKE FROZEN MEAT LOAF. Place unwrapped loaf pan in moderate oven, 350 deg. F., and bake for about 1 1/2 hours. This recipe makes 25 meat loaf slices, about 3/4 x 1 1/2 x 4 inches.

TASTY HAM LOAF

2 cups cooked ground ham
1 cup bread, cracker, or cornflakes crumbs
1 egg
2 tablespoons chili sauce
1 cup grated raw carrots
1 cup milk

Combine all ingredients. Place in a greased loaf pan and bake at 350 deg. F., for about 45 minutes.

PARTY HAM LOAF

2 pounds smoked uncooked ham
1 pound ground-up veal
2 cups soft bread crumbs
2 eggs, beaten
1 cup milk
1/4 cup minced onion
1 teaspoon dry mustard
1/4 teaspoon pepper

Combine all ingredients and blend well. Pack into greased loaf pan. Bake at 300 deg. F., for 2 hours. Serve hot or cold with Horseradish Sauce.

HORSERADISH SAUCE: Fold 1/4 cup prepared horseradish into 1/2 cup whipped cream.

BETTER-THAN-STEAK MEAT LOAF

1 pound minced beef
2 eggs, beaten
3/4 cup bread crumbs
3/4 cup corn flakes, rolled fine
1/2 teaspoon poultry dressing
Salt and pepper
2 teaspoons tomato catsup
1/2 teaspoon Worcestershire sauce
1/2 cup cream
Slice of onion (optional)

Mix in order given; pack into a greased loaf pan, and bake 45 minutes at 375 deg. F.

CHURCH SUPPER LOAF

1/2 loaf stale bread, broken up
1 pint milk
2 eggs, slightly beaten
1/2 teaspoon dry mustard
3/4 pound ground beef
1 1/2 pounds raw ham, ground up (fresh or smoked)
1/2 cup brown sugar
1 tablespoon whole cloves

Soak bread in milk for 10 to 15 minutes. Add eggs, mustard and ground meats. Mix well. Sprinkle sugar over bottom of oiled 4 x 13 inch loaf pan. Sprinkle with cloves. Pack meat mixture into the pan. Bake at 350 deg. F., for 1 1/2 hours.

VERY GOOD MEAT LOAF

1 pound minced round steak
1/2 pound minced bacon
2 large or 3 small eggs, beaten
1 teaspoon salt
1/2 teaspoon pepper
1/2 cup bread crumbs
1 1/2 cups water

Cook meat in 1 1/2 cups water until meat breaks up and particles separate. Add rest of ingredients and combine well. Place in greased loaf pan. Put loaf in pan of hot water. Bake at 350 deg. F., for about 3 to 4 hours. This loaf is moist and tender, and slices well.

NOTE: Don't use hamburger for this loaf.

PENTICTON MEAT STRETCHER

1 pound lean hamburger
4 slices stale white bread, crumbed
1 large onion, cut fine
1 cup canned corn
1 egg, well beaten
1 cup milk

2 slices bacon, diced
Salt and pepper to taste
Dash of celery salt
Bay leaf or thyme

Mix thoroughly with a fork and pack into 1 large or 2 small buttered casseroles. Make a sauce of 1 can tomato soup, 1 teaspoon sugar, salt and pepper to taste and pour over the loaf. Cover and bake at 350 deg. F., about 1 1/2 hours.

ROBIN HOOD MEAT LOAF

3/4 pound minced beef
1/4 pound minced shoulder pork
1 egg
1 cup milk or 1 cup diluted gravy
1 teaspoon salt
1/8 teaspoon pepper
1/2 cup quick oats
Pinch of sage (optional)
2 tablespoons finely chopped onion

Mix minced beef and pork. Beat egg, add milk or gravy and blend well with the meat mixture. Add oats and seasonings, stir until smooth. Pack in loaf tin and cover with greased paper. Bake at 375 deg. F., for 1 hour and 15 minutes.

SUMMERTIME MEAT LOAF

1 pound ground round beef
1 pound sausage meat
1/2 cup cracker crumbs
2 eggs, beaten
1/2 cup diced onion
1/2 cup diced celery
1/4 teaspoon curry powder
1/2 teaspoon poultry dressing
1/2 to 1 teaspoon salt
1/2 teaspoon black pepper

Mix together thoroughly. Pack into greased pan and bake at 350 deg. F., for 1 to 1 1/2 hours, or until done. Serve hot or cold.

BEST-EVER BEEF LOAF

2 eggs
2/3 cup milk
2 teaspoons salt
1/4 teaspoon pepper
3 slices fresh bread, crumbled
1 onion, chopped
1/2 cup shredded raw carrot
1 cup shredded Cheddar cheese
1 1/2 pounds ground beef
1/4 cup brown sugar
1/4 cup catsup
1 tablespoon prepared mustard

Break eggs into large mixing bowl and beat lightly with fork. Add milk, salt and pepper and the crumbled bread. Beat until bread disintegrates. Add onion, carrot, cheese and beef. Mix well. Pack into 9 x 5-inch loaf pan. Combine brown sugar, catsup and mustard. Spread over loaf.

Bake in moderate oven, 350 deg. F., for 1 hour. Let stand 10 minutes. Remove from loaf pan. Serve hot or cold. Makes 8 hot slices; 12 to 15 cold slices. Loaf can be made, wrapped and frozen ready to be baked when needed, or it can be frozen, baked, chilled and properly wrapped.

RICE SAUSAGE CASSEROLE

3 cups cooked rice
1 pound pork sausages, browned and drained
1 onion chopped fine
1 (10 1/2-ounce) can condensed tomato soup

Alternate layers of rice and sausage in buttered casserole, sprinkling each layer with onion, Pour soup over all. Sprinkle with grated cheese. Cover. Bake at 350 deg. F., for 30 to 35 minutes. (This can be made and refrigerated until ready to bake.) Makes 3 to 4 servings.

SAUSAGE-POTATO CASSEROLE

3 cups hot, mashed potatoes
2 tablespoons butter
3 eggs, separated
1/2 cup grated cheese
8 small sausages
Seasonings

Mix potatoes and butter. Season to taste. Separate eggs. Add yolks to potatoes and beat well. Add cheese. Fold in stiffly beaten egg whites. Place in buttered casserole. Top with sausages. Bake in moderate oven, 350 deg. F., for 20 minutes, or until done. Makes 3 to 4 servings.

WIENER AND CORN CASSEROLE

1 pound wieners, cut in 1/4-inch slices
1/4 cup chopped onion
1/2 cup finely chopped green pepper
1/4 cup chopped pimiento
2 tablespoons butter
1 can cream style corn
Dash tabasco
1 1/2 teaspoons Worcestershire sauce
1/2 teaspoon salt
1/8 teaspoon pepper

Cook onions, green pepper and pimiento in 2 tablespoons butter, about 5 minutes. Mix with rest of ingredients. Pour into 1 1/2 quart casserole. Bake in moderate oven, 375 deg. F., 35 to 45 minutes or until done. Makes 6 servings.

CREOLE SAUSAGES

1 pound sausages
1 onion, sliced thinly
1/4 cup green pepper strips
1/2 cup sliced celery
3/4 cup water
1 tablespoon white vinegar
1/2 cup ketchup

Fry sausages until browned. Pour off excess fat. Combine rest of ingredients. Add. Cover. Simmer, stirring occasionally, until sausages are cooked, about 20 minutes. Makes 3 to 4 servings.

SAUSAGE, CABBAGE AND APPLE CASSEROLE

3/4 pound sausage meat
4 tart apples, pared and diced
2 cups shredded cabbage
2 tablespoons brown sugar
1/2 teaspoon salt
1 tablespoon vinegar

Shape sausage into cakes. Pan-fry until browned on both sides. In a greased baking dish place a layer of shredded cabbage. Sprinkle lightly with salt. Cover with layer of apples and sprinkle with brown sugar. Add another layer of cabbage and sprinkle with brown sugar. Add another layer of cabbage and remaining apples. Add vinegar. Place sausages over apples. Cover. Bake at 350 deg. F., until cabbage and apples are tender, about 30 minutes. Remove cover for the last 10 minutes.

SAUERKRAUT AND WIENERS

4 cups sauerkraut
1 large apple, sliced
2 tablespoons brown sugar

2 tablespoons drippings
1/2 cup water
1 dozen wieners

Turn sauerkraut into saucepan. Add sliced apple and simmer until barely tender. Lay wieners over kraut. Add sugar, water and drippings. Cover and cook gently about 10 minutes or longer. Small pork sausages could also be used, their drippings will merge with the kraut, so omit extra drippings.

DEVILLED LIVER PATTIES

1/2 pound beef liver
1 egg, well beaten
1/2 cup milk
1 tablespoon celery
1 tablespoon lemon juice
1/2 teaspoon chili powder
1/2 pound sausage meat
1 cup cracker crumbs
2 tablespoons catsup
1 tablespoon chopped onion
1 teaspoon salt
1/2 teaspoon Worcestershire sauce

Simmer liver in a small amount of hot water for 5 minutes, then grind in meat chopper. Add remaining ingredients and mix. Fill greased muffin pans. Bake in moderate oven, 350 deg. F., for 1 hour. Makes 6 servings.

CURRIED LIVER

4 tablespoons flour
1 teaspoon salt
2 teaspoons mustard
2 teaspoons sugar
2 onions, sliced thin
1 pound beef or pork liver, sliced
1 cup cold water
1/4 cup catsup
1 teaspoon curry powder

Mix flour, salt, mustard, sugar and dredge liver (reserve excess). Brown onions in a little hot fat. Place onions and liver in casserole. Add water and catsup. Cover. Bake at 350 deg. F., for 1 hour. Just before serving mix reserved flour and curry powder. Add water to make a paste. Add to liquid in casserole. Cook stirring over direct heat 2 to 3 minutes for gravy.

ORANGE JUICE LIVER

Flour
Thyme, salt and pepper
Sliced liver (calf's liver best)
Juice of 1 orange

Coat liver in seasoned flour. Brown quickly in hot bacon fat. Add the orange juice. Cover. Simmer until liver is cooked.

HAMPSHIRE FAGGOTS (Liver)

2 tablespoons flour
1 egg
Milk to mix
Salt and pepper to taste
1/2 teaspoon dried sage
1/2 teaspoon dried thyme
1/2 pound liver, ground
2 rasher bacon, ground
2 onions, ground
2 or 3 slices of bread, soaked in milk

Make batter from flour, egg, milk and seasonings. Mix liver, bacon, onions and bread thoroughly, then blend with the batter. Place in greased individual pans or flat square tin (if the latter, mark into squares.) Cover with greased paper. Bake at 400 deg. F., 25 to 35 minutes. Serve hot or cold with apple-sauce.

CHICKEN LIVER WITH RICE

3 tablespoons finely chopped onion
1/4 cup butter
1 1/3 cups packaged pre-cooked rice
1 1/2 cups water
1/2 teaspoon salt
1/2 pound fresh, or thawed chicken livers
Seasoned flour
1 can condensed cream of chicken soup
1/2 cup milk
1 tablespoon chopped parsley

Lightly cook onion in 1 tablespoon of the butter. Add rice, water and salt. Mix just to moisten the rice. Bring quickly to a boil, uncovered, fluffing rice gently once or twice with a fork. (Do not stir.) Cover and remove from heat. Let stand 10 minutes.

Cut livers into 1-inch pieces and coat lightly in seasoned flour. Saute liver 3 to 4 minutes in remaining butter. Remove from heat. Add soup, milk and parsley to rice and heat thoroughly. Add chicken livers. Mix lightly with a fork. Turn into a greased 1 1/2-quart baking dish. Bake at 375 deg. F., for 10 minutes. Makes 5 to 6 servings.

SPAGHETTI AND CHICKEN LIVERS

5 slices bacon
1 pound chicken livers
2 tablespoons flour
1 can cream of mushroom soup
1 teaspoon Worcestershire sauce
1 (4-ounce) can mushrooms, sliced
1 (8-ounce) package spaghetti, cooked

Cook bacon until crisp. Remove and crumble. Drain off all but 3 tablespoons drippings. Add livers and cook gently over medium heat. Remove and add flour to drippings and blend well. Gradually add soup and cook until thick, stirring constantly. Add mushrooms, Worcestershire sauce, bacon and livers. Cook over low heat for 10 minutes and serve on hot spaghetti. Makes 4 to 6 servings.

CHICKEN LIVERS WITH PINEAPPLE

1 pound chicken livers
1/4 cup oil
4 slices pineapple
1/2 cup blanched almonds
1 1/4 cups pineapple juice
1/4 cup vinegar
1/4 teaspoon salt
1/4 cup sugar
2 tablespoons cornstarch

Fry livers in salad oil. Add pineapple slices and almonds. Make sauce by combining pineapple juice, vinegar and salt, with sugar and cornstarch. Cook, stirring until thickened. Pour over chicken livers. Makes 4 servings.

CHICKEN LIVERS EN CASSEROLE

8 chicken livers
1 tablespoon flour
2 tablespoons margarine
1 small onion, chopped
1/4 cup chopped green pepper
1 teaspoon salt
1/8 teaspoon pepper
1 chicken bouillon cube dissolved in 1 1/2 cups boiling water

Wash chicken livers. Cover with boiling water and drain. Dry. Roll in flour. Cook in margarine until color turns. Place in 1-quart casserole. Add other ingredients. Cover. Bake at 350 deg. F., for 30 minutes. Makes 4 servings.

IRISH BEEF KIDNEY CASSEROLE

1 beef kidney
2 tablespoons seasoned flour
1/2 pound round steak
2 tablespoons shortening
1 onion, sliced
1 carrot, sliced
Pinch of favorite herb
1/4 pound tomatoes
1/4 pound mushrooms
1 teaspoon salt
1/4 teaspoon pepper

Cut kidney into slices. Remove tubes. Steep in bowl of warm water for 30 minutes, (add a little vinegar to water). Drain, rinse and dry. Roll slices in seasoned flour. Cut steak into four pieces, flatten with rolling pin. Dip in seasoned flour.

Melt shortening in frying pan. Cook onion and carrot slices about 4 minutes. Place in casserole. Sprinkle with herbs. Cook kidney and steak in frying pan until lightly browned. Add remaining flour to fat in frying pan. Remove from heat. Add 1/2 cup warm water. Stir well. Let boil up. Pour over meat placed in casserole. Cover casserole. Bake at 350 deg. F., for 1 1/2 to 2 hours. Scald, peel and cut tomatoes in quarters. Wipe mushrooms and slice stalks. Add to casserole 15 minutes before baking time is over. Press mushrooms into gravy. Season with salt and pepper.

KIDNEY IN SPANISH SAUCE

8 lamb or 4 veal kidneys
1 medium onion, sliced
4 tablespoons butter or margarine
1 can cream of tomato soup
1/4 teaspoon curry powder (optional)
1/2 teaspoon prepared mustard

Prepare kidney for cooking. Cut into small pieces. Cook with onion in butter. Stir and cook until kidneys turn a light brown color. Add soup, curry and mustard. Heat. Stir. Serve on hot rice or spaghetti. Makes 4 servings.

HEART EN CASSEROLE

1 veal heart
Seasoned flour
1 onion, chopped
4 tablespoons drippings
Hot water, to cover
3 stalks celery, chopped
3 whole cloves
1 small bay leaf
1 tablespoon vinegar
Mashed potatoes
Chopped parsley, to garnish

Wash heart; remove veins and dice. Shake pieces in bag of seasoned flour. Brown cubes and onion in drippings. Turn into a baking dish; add hot water to cover the meat; add celery, cloves, bay leaf and vinegar. Bake in 300 deg. F. oven for 1 1/2 hours or until tender. Then cover the top with fluffy mashed potatoes, and brown in oven. Sprinkle with chopped parsley and serve.

BRAISED STUFFED BEEF HEART

1 beef heart
1 1/2 cups bread crumbs
2 tablespoons evaporated milk
1/3 cup chopped onion
1/2 cup diced celery
1/3 cup crisp crumbled bacon
1 egg, slightly beaten
3/4 teaspoon salt
1/4 teaspoon pepper
1/4 teaspoon thyme
1/4 teaspoon Worcestershire sauce

Wash heart thoroughly and wipe with a damp cloth. Trim excess connective tissue and blood vessels from the cavity to prepare for the stuffing. Season the cavity with salt and pepper. Mix remaining ingredients and fill the heart cavity. Fasten with skewers and tie with a string

Place in a deep kettle or Dutch oven and pour 2 cups of water into the pot. Simmer slowly for 3 to 3 1/2 hours. After 2 hours add 1 cup diced turnip, 1 cup sliced carrots, 1 cup chopped celery and 1 bay leaf. Remove heart and thicken gravy by adding one to two tablespoons of flour mixed with cold water for each cup of broth. Adjust seasonings to taste.

FRIED BRAINS

2 cooked veal brains
1 egg
2 tablespoons milk
1 teaspoon salt
1/2 cup fine cracker crumbs
1/4 cup butter or margarine
1 lemon

Soak brains in salted water 15 minutes (1 tablespoon salt per quart of water). Drop into boiling water, add 1 teaspoon salt. Cover. Reduce heat and simmer 15 minutes (do not boil). Drain. Cover with cold water. Drain well. Use at once or keep covered in refrigerator, and use within 24 hours. If brains are to kept in refrigerator leave the membrane on until ready to use then remove it with the tip of a paring knife.

Combine salt, egg and milk. Cut cooked brains into 1-inch cubes. Pour egg mixture over brains. Stir with a fork to coat each piece thoroughly. Lift out pieces with a fork and roll in cracker crumbs. Shake off extra crumbs. Brown slowly in melted butter in heavy skillet. Turn carefully to avoid breaking. Serve with slices of lemon or a tart pickle relish. Serves 4.

TASTY SWEETBREADS

Cover sweetbreads with cold water for 1/2 hour. Drain and cover with hot water. Add 1 teaspoon salt and 2 tablespoons lemon juice for each quart of water used. Simmer slowly for 15 to 20 minutes. Chill in cold water and remove membrane, use within 24 hours. Cut in pieces and reheat in a rich white sauce with peas, (See Page 43) chopped pimiento and quartered mushrooms, if desired. Serve in toast cups or on toast triangles. (Or prepare and fry as in above recipe.)

DEVILLED PIGS' FEET

4 pigs' feet
1 onion
1 clove garlic
1 lemon, juice and rind
2 bay leaves
4 peppercorns
1 teaspoon salt
8 whole cloves
4 tablespoons prepared mustard
1/4 cup olive oil
1/4 cup bread crumbs

Wash and scrub feet. Cover with cold water. Add seasonings. Bring to boil; simmer until tender, 1 to 1 1/2 hours. Drain. Spread feet with mustard and oil. Sprinkle with bread crumbs. Place on broiler rack. Broil for a few minutes until golden. Makes 4 servings.

BRAISED TONGUE, VEGETABLE SAUCE

1 boiled whole tongue, skinned
1/4 cup melted butter
1/4 cup flour

1 cup tongue stock
1 can tomato soup
1 cup water
2 teaspoons Worcestershire sauce
Pinch of salt
12 small carrots
1 cup diced celery
3 cups raw potato balls

Cook tongue in water to cover, then drain and peel tongue. Place in casserole and cover with the following sauce: Melt butter, add flour to make roux. Add stock, tomato soup (mixed with 1 cup water) and seasonings. Stir until smooth and thick. Add vegetables, cook 30 minutes. Put in casserole and bake in moderate oven, 375 deg. F., for 40 to 60 minutes.

BAKED SPICED TONGUE

1 beef tongue (about 3 1/2 pounds)
2 quarts cold water
1 teaspoon salt
1/2 teaspoon pepper
1 bay leaf
Pinch of oregano (optional)
1 clove garlic crushed
1/2 teaspoon ground cloves
1 stalk celery chopped
2 cups tomato juice
1/4 cup cider vinegar
1/4 cup margarine or butter
1/4 cup granulated sugar
1 onion, chopped
1 teaspoon cloves
1 teaspoon allspice
1 teaspoon cinnamon

Place tongue in pot with water, pepper, bay leaf, garlic, oregano, 1/2 teaspoon cloves, salt and celery. Simmer, covered, until tender, about 3 hours. Remove tongue; cool and remove skin. Put tongue in baking dish.

Mix together 1 cup of the stock (cooking liquid), tomato juice, vinegar, butter, sugar, onion, and the spices. Pour over tongue. Do not cover. Place in 350 deg. F., oven and baste frequently for about 1 hour. Turn tongue once during cooking. Makes 6 to 8 servings.

FRICASSEE OF TRIPE

1 1/2 pounds dressed tripe
1/2 pound onions
1 1/2 cups milk
1 1/2 tablespoons margarine
1 1/2 teaspoons flour
1 tablespoon lemon juice
1 egg, beaten
Salt and pepper
Toast
Chopped parsley

Wash tripe in warm water. Place in saucepan and cover with cold water. Bring to a boil and drain. Cut tripe into serving squares. Peel onions. Place tripe and onions in a pan with tight-fitting lid. Add enough cold water to cover the tripe.

Bring to a boil, then reduce heat and let simmer for 2 hours or until tender. Drain and reserve the liquid. Chop the onions in small pieces. Add enough reserved liquid to the milk to make up 2 cups of liquid. Melt margarine in frying pan. Stir in flour and mix well. Gradually add the liquid and stir until smooth. Cook for 5 minutes.

Add tripe and onions, lemon juice, salt and pepper. Cook for 15 minutes. Remove from heat and add the egg, which has been beaten with a little milk. Heat over LOW HEAT. Serve over hot toast points and garnish with parsley. Makes 4 servings.

STEWED TRIPE WITH ONIONS

1 1/2 pounds tripe
2 onions
1 cup hot milk
Salt, pepper and butter

Tripe is usually sold precooked, however, more cooking is necessary to make it tender. Simmer tripe in salted water until tender, about 2 hours. Simmer onions in salted water until tender. Drain. Chop the cooked onions, place them in hot milk, and season with salt and pepper and butter. Pour this over the tripe and serve at once. Makes 4 servings.

FRIED CHICKEN OVEN STYLE

3 pounds frying chicken, cut into pieces
4 tablespoons butter
1 small onion, chopped
3 tablespoons flour
1 cup water
1 cup dairy sour cream
1 teaspoon paprika
1/2 teaspoon grated lemon rind
Salt and pepper
2 tablespoons sherry or consomme
2 tablespoons chopped parsley

Brown chicken pieces in melted butter. Put chicken in casserole. Cook onions in same pan. Add flour, stir until smooth. Add water and sour cream. Cook, stirring constantly until mixture thickens and boils. Add paprika, lemon rind, salt, pepper and sherry. Pour over chicken. Cover. Bake at 350 deg. F., for 1 hour, or until tender.

CHICKEN WITH RAISIN DUMPLINGS

1 (4-pound) stewing chicken cut up
1 onion
2 stalks celery, 1-inch pieces
1 carrot, 1-inch pieces
1 quart boiling water
2 teaspoons salt
RAISIN DUMPLINGS
1/2 cup light or dark raisins
2 cups biscuit mix
1/2 cup grated Canadian cheese
1/2 to 2/3 cup milk

Place chicken in large kettle with breast and wings on top. Add peeled onion, celery and carrot. Add boiling water and salt, cover and cook slowly until tender, about 2 to 3 hours. Skim off excess fat. Top with Raisin Dumplings, cover tightly and steam 15 minutes. Thcken gravy and serve at once.

RAISIN DUMPLINGS: Rinse and drain raisins. Combine lightly with biscuit mix and cheese. Stir in milk to make soft dough. Drop by tablespoonfuls onto pieces of chicken. Makes 6 to 8 servings.

CHICKEN CACCIATORA

1 frying chicken (about 3 pounds)
1 clove garlic, peeled
1/4 cup flour
1 teaspoon salt (for chicken)
1/8 teaspoon pepper
1/4 cup olive oil or salad oil
2 1/4 cups canned tomatoes
1 can tomato paste
6 small white onions, peeled
2 teaspoons sugar
1 teaspoon salt (for sauce)
1 bay leaf

Wash chicken. Cut in pieces. (Save neck and giblets for soup.) Rub with garlic. Mince garlic and save. Combine flour, salt (for chicken) in paper bag, and coat pieces well. Brown well in hot oil; drain on unglazed paper; pour off remaining oil. Return chicken to pan; add minced garlic, tomatoes, tomato paste, onions, sugar, salt (for sauce) and bay leaf. Simmer, covered, basting occasionally about 1 hour, or until fork tender.

TROPICAL CHICKEN

1	fryer chicken, cut up
1/2	cup flour
1	teaspoon salt
1/4	teaspoon pepper
1/4	cup butter
1	can undiluted consomme
2	tablespoons soy sauce
1/2	teaspoon ginger
1/4	teaspoon garlic powder
1 1/2	cups drained pineapple tidbits

Dredge chicken in seasoned flour, and brown in melted butter. Remove to casserole. Stir 1 tablespoon seasoned flour into drippings in skillet. Stir in remaining ingredients and bring just to boiling point. Pour over chicken in casserole. Cover and bake at 325 deg. F., for 1 hour. Makes 4 servings.

CHICKEN RICE BOWL

1	cup raw rice
3	tablespoons salad oil
1 1/4	cups chicken broth or bouillon
1	teaspoon salt
2	cups sliced celery
1 1/2 to 2	cups thinly sliced well-chilled uncooked chicken cut in small strips
1	cup coarsely chopped onions
1/2	cup coarsely chopped green pepper
1	chicken bouillon cube dissolved in 1 cup hot syrup from pineapple
1	tablespoon soy sauce
1	large can sliced pineapple

Brown rice in 1 tablespoon of the oil. Turn into 2-quart shallow casserole, stir in broth and salt. Cover, bake at 350 deg. F., about 1 hour (add more broth if rice gets too dry.) Brown chicken in remaining 2 tablespoons oil. Stir in vegetables, syrup-bouillon, and soy sauce. Cover, simmer 5 minutes. Mix into rice, top with pineapple slices, return to oven until pineapple is heated. Makes 6 to 8 servings.

CHICKEN CURRY

1	(4 to 5 1/2 pound) stewing chicken
3	onions, minced
1/4	cup butter
1	quart boiling water
1	teaspoon salt
1/4	cup curry powder, or to taste
2	apples, grated
3/4	cup coconut
1	cup seeded raisins
3	stalks celery, chopped
1/4	cup flour
1/2	cup cold water
Juice of 1 lemon	
Cooked rice, and chutney	

Simmer chicken in salted water until tender. Remove and cut into pieces. Brown onions in butter until tender. Stir in curry, chicken stock, apples, coconut, raisins, celery, and cook for 20 minutes. Mix flour and water and add, stirring until thickened, about 5 minutes. Add chicken and heat; add lemon juice just before serving. Serve with cooked rice and chutney. Makes 4 servings.

CHICKEN CHOW MEIN

1	small chicken or 3 cups cooked chicken
3	tablespoons fat
3	cups chicken stock
3	tablespoons soy sauce
3/4	teaspoon salt
3	cups shredded cabbage or green beans
1 1/2	cups sliced celery
1/2	cup sliced green pepper
1 1/2	cups onion rings
1	can or package bean sprouts
3	tablespoons cornstarch
1	package chow mein noodles

Cook chicken, saving the stock. Remove meat from the bones and chop finely. Saute in fat, then add stock, soy sauce and salt. Toss prepared vegetables, except bean sprouts, together, place on top of meat and stock in a large vessel. Cover, bring to a boil and simmer 7 minutes, or until the vegetables are almost tender. Add bean sprouts and thicken with the cornstarch. Stir until smooth and clear. Serve over noodles. Makes 3 to 4 servings.

CURRIED CHICKEN EN CASSEROLE

1	stewing chicken, cut up
1/2	cup sliced onion
3	tablespoons chicken fat
3	tablespoons flour
1/4	teaspoon curry powder
2	cups chicken broth
Salt and pepper to taste	
2	cups cooked shredded carrots

Simmer chicken in water to cover. Remove from broth. Skim off fat and measure amount of fat and broth for recipe. Cook sliced onions in chicken fat for a few minutes, blend in flour and curry powder. Add broth and cook until sauce is smooth and thick, stirring constantly. Add salt to taste. Place chicken and carrots in serving dish. Pour over sauce. Serve with rice. Makes 4 servings.

CHICKEN CASSEROLE

1	(3 1/2 to 4 pound) frying chicken, cut up
Salt and pepper	
1/2	cup fat (preferably butter)
1	cup diced celery
1	cup diced carrots
2	tablespoons minced onion
1	cup thin cream
1/4	cup sherry (optional)

Season the chicken, and brown in 1/2 cup fat. Remove to 2-quart casserole. Add vegetables to skillet, and stir over low heat for just 1 minute; pour over chicken. Add sherry and cream, cover, and bake at 350 deg. F., for about 1 hour, or until chicken is tender. Makes 6 servings.

CHICKEN SMOTHERED IN CREAM

4	chicken breasts
1/2	cup flour
1	teaspoon salt
1/8	teaspoon pepper
1/2	teaspoon paprika
1/4	cup butter
1	cup sliced mushrooms
1 1/2	cups dairy sour cream
1	cup water
1/4	teaspoon thyme

Split breasts in half, bone if desired. Dredge breasts in flour combined with salt and pepper and paprika. Brown in 1/4 cup butter. Transfer to casserole. Add mushrooms and 1 cup sour cream mixed with 1 cup water. Sprinkle with

thyme, cover closely and bake at 325 deg. F., for about 1 hour. Stir in remaining cream, return to oven for 5 minutes. Serve immediately. Makes 6 to 8 servings.

PINEAPPLE DUCKLING

1 (4-pound) duckling, quartered
2 teaspoons salt
2 tablespoons cooking oil or fat
1 1/2 cups duck broth
2 cups pineapple chunks, drained
1/4 teaspoon ground ginger
1 medium-sized green pepper, diced
2 tablespoons cornstarch
1/8 teaspoon pepper
1 tablespoon soy sauce
6 tablespoons pineapple juice

Place duckling in saucepan with salt and 6 cups cold water. Bring to a boil, cover, reduce heat and simmer for 45 minutes. Remove and drain. Keep broth.

Place drained duck quarters in skillet with oil and cook gently (about 15 minutes), turning frequently, until golden brown. Add broth, pineapple chunks, ginger and green pepper. Cover and cook for 15 minutes over moderate heat. Remove duck and keep warm. Combine cornstarch, pepper, soy sauce and pineapple juice and add. Stir till thickened. Reheat duck in sauce, about 10 minutes. Serve with rice. Makes 4 to 5 servings.

DUCK IN CASSEROLE

1 (5 to 6 pound) domestic duck
Oil
Salt, pepper and flour
1/2 cup water
6 small white onions
6 small white turnips
4 small carrots
1 bouillon cube
Duck giblets, chopped
Orange juice or currant jelly

Rub duck with combined oil, salt, pepper and flour. Roast at 350 deg. F., for 20 minutes. Remove duck.

Parboil onions for 5 minutes. Add turnips and carrots cut on the length in 1-inch pieces, boil 5 minutes longer. Place vegetables in the bottom of a casserole, retaining liquid. Add hot water to vegetable water to make 1 cup. In this dissolve bouillon cube and pour over duck and vegetables (1/2 cup white wine may be substituted for 1/2 cup of the water). Add chopped giblets and heart to casserole and roast slowly at 325 for 45 minutes or until duck is tender. Baste frequently.

If sauce is thin 1 teaspoon of cornstarch may be blended with the juice of an orange or 5 tablespoons currant jelly may be added. Season to taste. Makes 3 servings.

SUSIE'S HASH

1 medium-sized onion
2 tablespoons butter
3 cups diced cooked turkey, or chicken
3 cups diced boiled potatoes
1/2 cup gravy or cream soup
1 1/2 teaspoons Worcestershire sauce
Salt and pepper

Chop onion and cook slowly in the butter until soft. Add meat and potatoes. Season gravy. Pour over hash. Cover. Cook slowly until heated. Makes 4 to 5 servings.

CHICKEN A LA KING

1 teaspoon minced onion
1/3 cup chopped green pepper
2 tablespoons butter
1/2 cup flour
3 1/2 cups chicken stock
3 cups diced cooked chicken
1 cup chopped cooked mushrooms
1 1/2 teaspoons salt
1/4 teaspoon pepper
2 egg yolks
3/4 cup milk
1/3 cup red pimiento, chopped

Saute onion and green pepper in hot butter until slightly browned. Remove from fat. Blend in flour; add stock and cook until thickened. Add chicken, mushrooms and seasoning. Heat together thoroughly. Beat egg yolks, add milk. Stir into chicken and blend well. Add pimiento. Serve in patty shells. Makes 8 servings.

NOTE: A 5-pound fowl, after it has been cooked, yields 1 1/2 pounds, or 4 to 4 1/2 cups of solid boneless meat.

PINEAPPLE TOPPED CASSEROLE

1 can chicken gumbo soup
2 cups cooked rice
3/4 cup cooked diced chicken
1 can mushrooms, drained
1/2 cup diced ham or luncheon meat
2 tablespoons chopped pimiento
6 slices pineapple
Brown sugar

Combine ingredients, except pineapple. Place in large casserole or individual casseroles. Arrange pineapple rings on top. Sprinkle with brown sugar. Bake at 375 deg. F., for 20 to 25 minutes. Makes 6 servings.

CHICKEN-MUSHROOM PIE

2 cups chopped chicken
1 tablespoon chopped green pepper
1 pound mushrooms
1 1/2 cups white sauce (See page 43)

Add chopped chicken to medium white sauce. Fry mushrooms and green peppers, then add to chicken mixture. Pour into pastry-lined pie plate; add top crust. Bake at 450 deg. F., for 10 minutes; lower oven to 350 deg. F., for another 20 minutes. This recipe can be made substituting 2 cans undiluted mushroom soup, instead of white sauce and mushrooms.

LENA'S SPECIAL CASSEROLE

1 can cream of mushroom soup
1/4 cup milk
1 cup boned chicken or turkey
12 ounces drained kernel corn with red and green peppers
1 1/2 cups crushed cheese crackers

Mix the soup and milk. Put chicken or turkey, corn and 1 cup cracker crumbs in layers in casserole with mushroom soup. Sprinkle the 1/2 cup crumbs over all. Cover. Bake at 350 deg. F., for about 25 minutes. Makes 4 servings. (Noodles may also be added to this dish.)

WEDDING SUPPER CASSEROLE

4 (1-pound) jars chicken meat, cut up
2 to 3 packages frozen peas
1 pound ham or corned beef diced
1 cup raw rice, cooked
1 tin mushroom soup
1 tin mushrooms
1/2 cup chopped green onion
Spaghetti sauce
Ac'cent, salt and pepper to taste
1 cup grated cheese

Mix cooked rice and meats. Moisten with undiluted mushroom soup and mushrooms with juice. Add seasonings.

Stir in green peas (uncooked) and green onion. Stir again. (These amounts fill a 10 x 14 x 2-inch range broiler pan.) Sprinkle with cheese. Refrigerate until an hour before serving. Cook at 300 deg. F., about 1 hour. Makes 20 servings.

SOUTH-OF-THE-BORDER CHICKEN PIE

TOPPING:

2 cups sifted all-purpose flour
4 teaspoons baking powder
1 teaspoon salt
1/3 cup shortening
1/2 cup milk
1 egg

Sift flour, baking powder and salt into a bowl. Cut in shortening until finely divided. Add milk and beaten egg, and mix to a stiff dough. Roll or pat half of the dough into bottom of greased 10 x 6 x 2-inch baking dish. Cover with chicken filling. Roll remaining dough about 1/4-inch thick. Cut into 6 rounds with 3-inch doughnut cutter. Place on top of filling. Place doughnut holes in centre of each biscuit ring. Bake at 375 deg. F., for 20 to 25 minutes.

FILLING:

1/2 cup ripe olives, cut
4 slices bacon, diced
1 small onion, diced
2 fresh tomatoes, chopped
1/2 teaspoon oregano
3/4 teaspoon salt
1 pimiento chopped
1 1/2 cups diced cooked chicken
1 tablespoon chopped parsley
1/4 cup light or dark raisins
1 tablespoon flour

Cook bacon and onion together until bacon is golden brown. Add tomatoes, oregano, salt, pimiento, and chicken. Simmer for 15 minutes, stirring frequently. Add parsley, olives, raisins and flour. Makes 6 servings.

CHICKEN CASSEROLE DE LUXE

1 cup rice uncooked
1/2 teaspoon salt
3 tablespoons margarine
3 tablespoons flour
1 cup chicken bouillon
1/2 cup evaporated milk, undiluted
1/2 teaspoon salt
1/8 teaspoon sugar
2 tablespoons ketchup
1 (4-ounce) can sliced mushrooms
2 cups cooked chicken diced
2 tablespoons slivered pimiento
1/4 cup slivered green pepper
1/4 cup slivered almonds

Cook rice with 1/2 teaspoon salt in boiling water until tender and fluffy. While rice cooks, melt margarine in saucepan. Stir in flour, mixing smooth. Gradually add chicken bouillon and evaporated milk, stirring constantly until thickened. Remove from heat and add salt, sugar and ketchup.

In well-greased 1 1/2-quart baking dish arrange half the rice. Pour half the sauce over rice. Then arrange layer of mushrooms, then chicken. Sprinkle pimiento and green pepper strips over chicken. Arrange remaining rice. Pour sauce over rice and sprinkle with slivered almonds. Bake, uncovered, at 350 deg. F., for 30 minutes. Makes 6 servings.

ALMOND CHICKEN CASSEROLE

1 (8-ounce) package noodles
2 tablespoons butter or margarine
1 cup thinly sliced celery
2 tablespoons flour
1/4 teaspoon dry mustard
1 1/4 teaspoons salt
1/8 teaspoon pepper
2 1/2 cups milk
2 teaspoons Worcestershire sauce
1 cup grated cheddar cheese
2 cups diced cooked chicken or turkey
1/4 cup diced pimiento
1/4 cup diced green pepper
1/2 cup buttered soft bread crumbs
1 cup roasted almonds diced

Cook noodles in boiling salted water until tender. Meanwhile melt butter, add celery, cover and cook over low heat 10 minutes. Blend in flour, mustard, salt and pepper. Add milk and Worcestershire sauce, and cook and stir until thickened. Stir in cheese, chicken, pimiento, green pepper, well-drained noodles and half of almonds.

Turn into shallow baking dish and sprinkle with crumbs and remaining diced almonds. Decorate with whole almonds, either natural kernels or blanched, if desired. Bake in hot oven, 400 deg. F., 15 to 20 minutes. Makes 5 to 6 servings.

TURKEY BUFFET CASSEROLE

2 cups noodles
1 package frozen broccoli
2 tablespoons butter
2 tablespoons flour
1 teaspoon salt
1/4 teaspoon prepared mustard
1/4 teaspoon black pepper
2 cups milk
1 cup grated cheddar cheese
2 cups cooked, cut-up turkey
1/3 cup slivered almonds

In separate saucepan,s cook noodles and broccoli until just tender. Meanwhile in saucepan over low heat, melt butter; then blend in flour and next four ingredients. Cook, stirring constantly, until thickened. Remove from heat. Stir in cheese until melted. Drain broccoli and noodles.

Dice broccoli stems; leave flowerettes whole. Arrange noodles and turkey in shallow pan. Pour cheese sauce over all. Arrange flowerettes over all. Sprinkle with almonds. Bake in moderate oven, 350 deg. F., for 15 minutes. Makes 4 to 6 servings.

TURKEY TETRAZZINI STYLE

2 tablespoons butter
3 tablespoons flour
1 cup sweet heavy cream
2 or 3 thin slices onion
3 sprigs parsley
Bay leaf
1 whole clove
Salt and pepper to season
Nutmeg to taste
1 cup cold cooked turkey, cut in thin strips
1/2 cup spaghetti, cooked, drained and chopped
1/2 cup fresh mushrooms, sauteed
Buttered crumbs
1/3 cup grated Parmesan cheese

Make a cream sauce of butter, flour, heavy cream, which has been scalded with slices of onion, parsley, a bit of bay leaf and whole clove, and strained. Season to taste with salt and pepper and a dash of nutmeg. When mixture is smooth and boiling, stir in cold, cooked turkey, spaghetti and sauteed sliced fresh mushrooms. Mix well, turn mixture into a baking dish or 6 individual baking dishes, sprinkle with buttered crumbs mixed with grated Parmesan cheese and bake at 375 deg. F., until crumbs are brown. Serve at once.

CREAMED TURKEY, CHICKEN OR HAM

1 cup sliced mushrooms
2 tablespoons chopped green pepper
2 tablespoons shortening
3 tablespoons flour
2 cups milk
Salt and pepper
1 egg, beaten
2 1/2 cups cooked, diced turkey, chicken or ham
2 tablespoons finely chopped pimiento

Cook mushrooms and green pepper in melted shortening until pepper is soft. Blend in flour. Add milk and seasonings, stirring constantly until smooth, thick and cooked. Stir a little hot mixture into beaten egg yolk. Return to hot mixture and cook 5 minutes more. Add cut-up chicken or turkey. Heat through. Keep hot over hot water. Serve over toast or in toast cups.

SALMIS OF GOOSE

4 cups sliced cooked goose
2 tablespoons lemon juice
2 tablespoons Worcestershire sauce
2 cups goose gravy
12 ripe olives sliced
1/2 cup sherry

Add goose, lemon juice and Worcestershire sauce to gravy, and simmer about 20 minutes. Add olives and sherry, heat thoroughly and serve at once on toast. (Left-over vegetables such as carrots and peas may be added to the dish.) Makes 6 servings.

SMOKED TURKEY CASSEROLE

1 cup medium cream sauce (See page 43)
2 eggs, slightly beaten
1 tablespoon butter
1 cup cubed smoked turkey
Cooked broccoli, asparagus, or cauliflower

Heat together sauce, eggs and butter. Arrange 1/2 of turkey on the bottom of a greased baking dish. Add layer of vegetables, and layer of sauce. Repeat. Add remaining turkey. Cover with crumbs, and bake at 350 deg. F., 15 to 20 minutes. Serves 2.

SMOKED TURKEY: Serve cold as purchased, or heat on a rack in a covered pan with 1 cup water. Heat at 325 deg. F., for 8 minutes per pound.

HAWAIIAN SUPPER

1 (5 3/4-ounce) package pre-cooked rice
2 1/2 cups slivered cooked ham
1/3 cup chopped green pepper
2 tablespoons shortening
1 1/2 tablespoons cornstarch
3/4 cup water
1/2 cup canned pineapple juice
1 1/2 tablespoons vinegar
2 tablespoons brown sugar
1 1/2 teaspoons prepared mustard
1/2 cup canned pineapple tidbits

Prepare rice according to package directions. Brown ham and green pepper lightly in shortening. Mix cornstarch, water, pineapple juice, vinegar, sugar and mustard. Add to ham; stir and cook until sauce is thick and transparent. Add tidbits; heat.

Spread rice on platter, top with ham and pineapple mixture. Makes 4 servings.

HAM PUFF

1/4 cup butter or margarine
5 tablespoons flour
1 1/2 cups milk
4 slightly beaten egg yolks
2 cups ground cooked ham
4 stiff-beaten egg whites
Salt, if necessary

Melt butter; add flour and blend. Gradually add milk and cook over low heat until thick, stirring constantly. Gradually add to egg yolks. Stir in ham. Fold in egg whites. Pour into greased 2-quart casserole. Bake in moderate oven, 350 deg. F., for 50 minutes. Makes 6 servings.

HAM TIMBALES

3/4 cup milk, scalded
2 eggs, slightly beaten
1 tablespoon fat
1/4 cup soft bread crumbs
1 1/2 cups ground ham
Dash of paprika
Tomato sauce

Stir milk gradually into beaten eggs, add fat, bread crumbs, ham and paprika, and turn into well-buttered custard cups or timbale molds.

Place molds in shallow pan containing 1 inch hot water. Bake in moderate oven, 350 deg. F., for about 30 minutes or until knife inserted comes out clean. Serve with tomato sauce. Makes 4 to 6 servings.

CREOLE CASSEROLE
(Ham and Shrimp)

4 ounces (1 cup) elbow macaroni
2 slices bacon
1/2 clove garlic, finely chopped
1/2 cup chopped onion
1/2 cup chopped green pepper
2 tablespoons all-purpose flour
2 1/2 cups canned tomatoes
1/2 pound cooked ham, cubed
1 cup cleaned cooked shrimp
1/4 cup crushed crackers
1/4 cup grated Parmesan cheese

Cook and drain macaroni. Fry bacon over moderate heat, remove and crumble. Add garlic, onion and green pepper to bacon drippings. Cook until tender, stirring occasionally. Blend in flour. Add tomatoes and cook until thickened, stirring constantly. Add cooked macaroni, bacon, ham and shrimp. Pour into a 1 1/2-quart casserole. Sprinkle with cracker crumbs and cheese. Bake in moderate oven, 350 deg. F., about 30 minutes, or until hot. Makes 4 to 6 servings.

HAM CASSEROLE

1 cup diced cooked ham
1 cup cooked potatoes
1 small onion, chopped
1 can kernel corn
2 cups medium white sauce (See page 43)
Salt and pepper
Grated cheese. if desired

Mix together. Put in casserole and top with grated cheese. Bake in moderate oven, 350 deg. F., for about 30 minutes. Makes 4 servings.

DON'S HAM SPAGHETTI DINNER

1 (8-ounce) package spaghetti
1 pound ham, diced
2 onions, chopped
1 green pepper
1 can tomato soup
1 can peas
1 can mushrooms

Cook spaghetti, drain. Fry onions. Add ham, onions, green pepper and soup to spaghetti. Simmer for 1 hour. Add rest of ingredients with their liquid. Simmer to blend. Serve piping hot with garlic bread and a tossed green salad. Makes 4 to 6 servings.

HAM AND EGG PIE

1 1/2 to 2 cups leftover ham, cubed
1 medium onion, chopped
4 hard-cooked eggs, chopped
1/2 can green peas, drained
1 to 1 1/2 cups medium white sauce (See page 43)
Cheese biscuit topping

Fry ham and onion lightly while making white sauce. Add peas and eggs to sauce. Combine with ham and onions. Place in casserole. Top with Baking Powder Biscuit crust to which grated cheese has been added. Bake in hot oven, 425 deg. F., for 15 to 20 minutes, or until crust is browned. Makes 4 servings.

SCHINKEN KARTOFFELN

1 1/2 pounds cooked ham in large cubes
6 raw potatoes, sliced thin
4 green peppers, sliced thin
3 Bermuda onions, sliced thin
2 cups milk
1 egg

Butter a deep casserole. Put a layer of raw potatoes on the bottom, a layer of onions, then green pepper, and finally a layer of ham. Repeat until all the ingredients are used. Beat eggs and milk together and pour into casserole.

Cover tightly and bake in moderate oven, 350 deg. F., for 45 minutes. Just before serving sprinkle with grated Parmesan cheese if desired. Makes 4 to 6 servings.

PINEAPPLE HAM WRAP

6 small sliced canned pineapple
2 cups cooked mashed sweet potatoes
3 cups ground ham
6 slices bacon
1/2 teaspoon dry mustard
1/3 cup thick white sauce (See page 43)
2 teaspoons grated onion

Arrange pineapple in a greased shallow baking pan. Shape mashed potatoes into patties the size of the rings. Combine ham, mustard, white sauce and onion and shape into patties same size as potato patties. On each ring of pineapple place a potato patty, then a ham patty. Wrap a strip of bacon around each and fasten with toothpicks. Bake in moderate oven, 375 deg. F., for about 30 minutes, or until browned.

HAMWICHES

1 package yeast
1/4 cup lukewarm water
1 beaten egg
1/2 cup lukewarm tomato juice
1 tablespoon brown sugar
3 tablespoons melted shortening
1 tablespoon grated onion
2 1/2 cups or more sifted all-purpose flour
12 slices boiled ham

Soften yeast in lukewarm water as directed on package. Combine egg, tomato juice, brown sugar, shortening and onion. Add softened yeast. Mix well. Add sifted flour to form soft dough. Beat very thoroughly with hands after each addition of flour. Place dough in bowl, grease top of dough. Cover. Let rise until doubled in bulk. Punch down. Divide dough in half. Roll out each half to 9-inch circle. Cut each circle into 6 wedges. Place a piece of ham on each wedge. Roll up each wedge starting at wide end and roll up to a point. Place on greased baking sheet, point side down. Let rise until doubled in bulk. Bake at 425 deg. F., for 20 to 25 minutes. Serve warm. (Dough wedges can be spread with relish or mustard before adding ham.)

SAVORY CORNED BEEF SQUARES

BISCUIT DOUGH:

1 1/2 cups all-purpose flour
3 teaspoons baking powder
1/2 teaspoon salt
1/4 cup mayonnaise
1/3 cup milk

Sift flour, baking powder and salt into mixing bowl. Add mayonnaise and milk and mix to a moderately stiff dough. Roll to an oblong 8 x 12-inches (about 1/4-inch thick) and place on ungreased baking sheet.

FILLING:

1 cup ripe olives, in large pieces
1 (14-ounce) can corned beef, sliced thin
Mayonnaise
Prepared mustard
Thin tomato slices
Thin slices Canadian cheese

Cover biscuit with the corned beef. Spread meat lightly with mayonnaise and mustard. Cover with olives and then tomato slices; top with sliced cheese. Bake in hot oven, 425 deg. F., for 15 to 20 minutes or until biscuit is done. Serve in squares. Makes 6 servings.

HALF HOUR CORNED BEEF AND CABBAGE

1 small cabbage, shredded
1 tablespoon melted butter
2 teaspoons vinegar
1 teaspoon sugar
1 teaspoon celery seed
1 teaspoon salt
1/8 teaspoon pepper
1 can corned beef, cut in chunks
1 small onion, cut in rings
1 red apple, cut in wedges

Combine cabbage, melted butter, vinegar, sugar, celery seed, salt and pepper in heavy pan with a tight-fitting lid. Cook for 25 minutes or until tender. Arrange meat chunks, onions and apples over cabbage. Cover. Cook 5 to 8 minutes more. Makes 4 servings.

CORNED BEEF AND LIMA CASSEROLE

1 medium onion chopped
1 clove garlic chopped
3 tablespoons oil
1 (8-ounce) can tomato sauce
1/4 cup brown sugar, packed
3 tablespoons cider vinegar
1 teaspoon mustard
1 1/2 teaspoons salt
1 tablespoon Worcestershire sauce
1/4 cup catsup
4 cups cooked lima beans (1 3/4 cups raw)
2 cups cubed cooked corn beef

Cook onion and garlic in oil until soft. Stir in tomato sauce, sugar, vinegar, mustard, salt, Worcestershire sauce and catsup. Bring to boil. Arrange limas and corned beef in casserole. Pour hot sauce over. Bake in moderate oven, 375 deg. F., for 45 to 50 minutes. Makes 6 servings.

WESTERN CREAMED CHIPPED BEEF

CHIPPED BEEF:

1 small onion, chopped fine
1/4 cup butter
4 tablespoons flour
1/4 teaspoon Worcestershire sauce
1 1/2 cups rich milk
1/2 cup white wine or apple juice
1/2 pound chipped dried beef
1/4 teaspoon mustard

SPICY TOAST:

4 to 5 slices bread
1/4 cup soft butter
1/2 teaspoon Worcestershire sauce
1/2 teaspoon mustard

Cook onion in butter until soft but not browned. Stir in flour, mustard and Worcestershire sauce. Blend in milk and cook and stir until thickened. Blend in wine and beef. Cook 5 minutes. Serve on freshly-made toast spread with seasoned butter.

SHEPHERD'S PIE

2 to 3 cups mashed potatoes
8 to 10 thin roast beef slices
1 tablespoon chopped onion
1 cup cubed cooked carrots
1 cup cooked or canned peas
1 cup beef gravy
1 egg yolk
1 tablespoon cream
Salt and pepper

Line buttered deep pie plate with part of mashed potatoes. Arrange layers of meat over potatoes, then a layer of onions, carrots, peas and gravy, seasoned to taste. Cover with rest of mashed potatoes. Smooth with knife. Mark design and flute edges like a pie pastry. Brush with egg yolk and cream. Bake in moderate oven, 375 deg. F., for 30 minutes.

SCALLOPED POTATO AND MEAT-IN-A-PIE

3 to 5 large onions, sliced thin
Salt, pepper, ac'cent
3 or 4 medium potatoes, sliced thin
1 tablespoon butter
1/2 cup rich milk
1 pound leftover cooked, beef, pork, lamb or veal
Pie pastry for 1 top crust

Butter a deep (9-inch) pie plate. Arrange thick layer of onions in plate; season. (Onions shrink in cooking, so use plenty.) Arrange two layers of potatoes over onions; season each layer. Dot with the 1 tablespoon butter; pour in milk. Arrange strips of meat over potatoes, season. Dish should now be rounding full.

Roll out pastry as for pie; prick or gash, adjust loosely over filling. Trim edge but do not press down on rim of plate. Bake in hot oven, 400 deg. F., for 1 hour. Makes 4 to 6 servings.

TOPSY TURVY CASSEROLE

1 1/2 cups diced cooked potatoes
2 cups canned tomatoes
1 cup diced cooked carrots
1/4 cup chopped raw onion
1 1/2 cups ground cooked meat
2 tablespoons shortening
1/2 teaspoon salt
1/2 teaspoon celery salt

Mix ingredients and turn into a greased baking dish. Bake in moderate oven, 375 deg. F., for 30 minutes. Makes 6 servings.

JIFFY CASSEROLE

1 cup leftover cooked meat, cut-up
3 cups cooked noodles
1 can mushroom soup
1/2 cup milk
1 teaspoon salt
1/4 teaspoon pepper

Mix and put in a greased casserole and bake in moderate oven, 350 deg. F., for 20 minutes.

ROAST BEEF PIE

4 cups roast beef, cut into small pieces
1 large onion
1 cup diced mealy potatoes
2 tablespoons bacon drippings
Left-over gravy and water
Salt and pepper
1 teaspoon Worcestershire sauce
1 teaspoon H. P. sauce
1/3 cup chili sauce or tomato puree
Baking Powder Biscuits (See following recipe)

Place meat, chopped onion and diced potato in frying pan with drippings and fry slowly until browned. Cover with water and gravy, add seasonings and sauces. Simmer for 1 hour, covered. Pour into deep casserole, place tiny biscuits on top. Bake in hot oven, 425 deg. F., until biscuits are cooked. Makes 4 to 6 servings.

ROLL-UPS

BAKING POWDER BISCUITS:

2 cups all-purpose flour
4 teaspoons baking powder
1/2 teaspoon salt
1/4 cup shortening
1/4 cup milk (approximately)

FILLING:

2 cups finely chopped leftover meat
1 tablespoon finely chopped onion
1 teaspoon Worcestershire sauce
1/4 cup gravy
1/4 teaspoon salt
1/8 teaspoon pepper

Sift dry ingredients and cut in shortening, then add milk to make a soft dough. Knead slightly; roll to 1/4-inch thickness. Mix meat, onion, sauce, salt, pepper and gravy.

Spread on biscuit dough. Roll up like jelly roll. Cut in 1-inch slices and place cut side down on an oiled baking sheet. Bake in hot oven, 450 deg. F., for 15 minutes. Serve with additional gravy. Makes 6 servings. (Cream soup may be used for gravy.)

LAMB CURRY

3 tablespoons butter
1/3 cup chopped onion
2 cups diced cooked lamb
1 cup chopped chinese cabbage
2 tablespoons flour
1 cup water
1 bouillon cube
1/4 teaspoon curry powder
1/2 teaspoon salt
3 drops Tabasco
1/2 teaspoon sugar
Macaroni, rice or noodles, cooked

Melt butter in heavy frying pan; saute onion until clear and golden. Add lamb and cook to light brown. Add cabbage and saute until soft.

Push meat and vegetables to one side, blend flour into melted butter until smooth; add water gradually, stirring until

it boils and thickens. Add bouillon cube and stir to dissolve. Add seasonings; stir. Cover and simmer over low heat for 30 minutes. Serve over cooked macaroni, rice or noodles. Makes 4 to 6 servings.

SWEET AND SOUR BEEF

2 cups cold cubed roast beef
2 tablespoons fat
2 tablespoons all-purpose flour
1/2 cup brown sugar
1 tablespoon molasses or soy sauce
1 teaspoon dry mustard
1/2 cup vinegar
1 1/2 cups water
1 package dry onion soup

Brown beef cubes in fat in fry pan. Stir in flour. Add rest of ingredients and simmer for 20 minutes. Pour over hot fluffy rice to serve. Makes 6 servings. (Cooked food may be chilled, frozen and served later with freshly-cooked rice.)

PORK AND RICE CASSEROLE

2 eggs
3 cups ground cooked pork
1/2 cup raw rice
1 cup milk
1 1/2 teaspoons salt
1/4 teaspoon pepper
1/2 teaspoon Worcestershire sauce

Beat eggs slightly and combine with remaining ingredients. Turn into a 6 cup casserole, cover and bake in moderate oven, 350 deg. F., for 1 1/2 hours. Serve hot with tomato sauce. Makes 5 servings.

STUFFED PEPPERS

6 firm green peppers
1/2 cup bread crumbs or cooked rice
1/2 teaspoon salt
1/8 teaspoon pepper
1 small onion, chopped
2 cups chopped cooked meat
Buttered crumbs

Wash peppers, cut a piece from the stem end of each and remove seeds. Parboil 5 minutes. Drain. Mix the ingredients, stuff peppers and top with buttered crumbs. Pour 1/2 cups meat stock or water around peppers in a buttered casserole. Bake in moderate oven, 350 deg. F., about 3/4 hour.

BAKED BEAN SUPPER DISH

1 cup navy or pea beans
1/2 to 1 pound stewing beef
2 cups tomatoes
1 medium onion
1 teaspoon salt
Pepper
1/4 cup brown sugar
2 slices bacon

Soak beans overnight. Boil beans as for baking, until skins are tender. Cut meat in small pieces and brown in hot fat. Drain beans and save the liquid. Add beans and tomatoes to meat. Season. Pour half of the mixture into a baking dish and cover with a layer of sliced onions. Sprinkle half of the brown sugar over the onions. Add the rest of the bean mixture and cover with a layer of bacon. Sprinkle with rest of the sugar on top and, if necessary, add some of the water used for cooking the beans. Bake in moderate oven, 325 deg. F., for about 3 hours.

FIESTA BAKED BEANS
(Canned beans)

6 strips bacon, fried and crumbled
1/2 green pepper, chopped
1 large onion, chopped
1/2 pound cut-up cooked ham or 1 can luncheon pork
6 cups canned baked beans (2 large cans)
1/2 cup catsup
1/3 cup brown sugar
1 tablespoon Worcestershire sauce
Salt and pepper to taste

Cook bacon until crisp. Remove and crumble. Fry green pepper and onion in bacon fat until soft. Add ham, cook 3 minutes more. Combine all ingredients. Place in bean pot or baking dish. Bake at 350 deg. F., for 1 to 1 1/4 hours. Remove lid last 20 minutes of cooking. Makes 6 servings.

BOSTON BAKED BEANS

2 cups navy beans
1/2 to 1 pound ham, bacon or salt pork
1 small onion, sliced
3 tablespoons brown sugar
1 teaspoon black pepper
1 teaspoon dry mustard
1/2 cup table molasses
4 tablespoons catsup

Soak beans overnight in cold water to cover. Cook beans with their liquid until skins break. Pile into 2-quart bean pot in layers with the cut-up meat. Push onion into centre. Sprinkle each layer with the rest of the ingredients. Add enough cooking liquid to completely cover the beans. Cover tightly. Bake at 250 deg. F., for 5 to 6 hours. Add more liquid (water or tomato juice) if necessary. Uncover for the last 1/2-hour of cooking to brown and crisp top.

BAKED BEANS WITH SPICY WIENERS

6 wieners
6 whole cloves
1 (20-ounce) can pork and beans
1 tablespoon minced onion
1 tablespoon brown sugar
1/4 cup chili sauce
1/2 teaspoon salt

Insert a clove in each wiener, and arrange 3 wieners in the bottom of a 1 1/2-quart casserole. Mix beans, rest of ingredients and pour over wieners. Top with remaining wieners. Bake, uncovered, in moderate oven, 350 deg. F., for 30 minutes or until beans are hot. Makes 3 servings.

TO ELIMINATE OVERNIGHT SOAKING OF DRIED BEANS: Take 3 cups of dried beans, cover with 9 cups of cold water, and bring to a hard boil. Remove from heat, cover, and let the beans soak for 1 hour or longer.

LIMA BEAN CASSEROLE

1 pound tiny dry lima beans
3/4 cup brown sugar
2 teaspoons flour
1 tablespoon dry mustard
1 tablespoon salt
1 tablespoon table molasses
1 cup commercial sour cream

Soak limas in cold water to cover. Drain. Cover with fresh water. Cook until tender. Drain. Rinse in hot water. Drain. Pour into 2-quart casserole. Combine rest of ingredients. Mix lightly with beans. Bake, uncovered, at 350 deg. F., for 1 hour. Makes 8 servings.

LIMA CASSEROLE

6 tablespoons butter
2 tablespoons flour
1 1/2 teaspoons salt
1 1/2 teaspoons dry mustard
2 cups milk
1 1/2 cups grated cheese
1 pimiento, cut-up
1 cup dry bread crumbs
1 tablespoon chopped parsley
1/2 teaspoon EACH rosemary and oregano
5 cups cooked large lima beans (3 cups before cooking)

Melt 4 tablespoons butter; add flour, salt and mustard. Stir in milk gradually. Cook, stirring until thick and smooth, about 10 minutes. Add cheese, stir until melted. Remove from heat. Add chopped pimiento. Brown crumbs in 2 tablespoons butter, stir in parsley, rosemary and oregano. Turn cooked, drained limas into greased 2-quart casserole. Cover with cheese sauce. Stir to blend. Cover with buttered crumbs. Bake, uncovered, in moderate oven, 350 deg. F., for 30 minutes or until heated through and browned.

ONE-DISH CASSEROLE

2 cups drained whole-kernel corn
1 cup drained canned lima beans
1 onion, finely chopped
1 (12-ounce) can luncheon meat
2 tablespoons prepared mustard
3 tablespoons golden syrup
1 teaspoon salt
1/2 teaspoon ac'cent
1/2 cup tomato juice

Combine corn, lima beans and onion; spread over bottom of shallow, greased 7 x 11-inch baking dish. Slice luncheon meat into 1/4-inch slices, spread with mustard. Arrange meat slices on top of vegetables. Combine remaining ingredients. Pour over top of meat. Bake, uncovered, in hot oven, 400 deg. F., for 30 minutes. Makes 4 servings.

SPANISH BEANS

1 green pepper
1 onion, chopped
2 cups canned tomatoes
2 cups cooked, dried beans
1 teaspoon Worcestershire sauce
1 1/2 cups grated cheese
Salt, pepper and dash of cayenne

Fry onion and green pepper in fat, add tomatoes and cook slowly 10 minutes. Add beans and seasonings and simmer 20 minutes. Put beans and grated cheese in alternate layers in a greased casserole. Bake, uncovered, in moderate oven, 350 deg. F., for 20 minutes. Makes 6 servings.

BAKED LENTILS WITH SAUSAGES

1 cup dried lentils
1 quart cold water
1 medium onion, minced
1 tablespoon minced parsley
3 tablespoons minced celery
1 1/2 teaspoons salt
1/8 teaspoon pepper
1 tablespoon butter or margarine
1 tablespoon flour
1/2 pound (8 small) sausages
2 medium tomatoes, peeled and sliced

Soak lentils overnight in cold water. Drain, and reserve 2 cups liquid. Heat liquid; add lentils and next 5 ingredients, simmer, covered, 7 minutes. Drain, reserving 1 1/4 cups liquid; place lentil mixture in shallow, 1 1/2 quart casserole, rubbed with garlic. Melt butter, stir in flour; add liquid; cook until thickened. Pour over lentils. Brown sausages. Arrange sausages and tomatoes on top of lentils. Season. Bake, uncovered, in moderate oven, 350 deg. F., for 20 minutes. Makes 4 to 5 servings.

OLD-FASHIONED BAKED MACARONI

1 (8-ounce) package of elbow macaroni
1 (No. 2) can tomatoes (2 1/2 cups)
1 tablespoon sugar
1/2 teaspoon thyme
1/4 teaspoon savory
1 teaspoon salt
1/2 teaspoon dry mustard
3 cloves garlic minced OR 2 onions, finely chopped
3/4 pound strong cheddar cheese, grated
1 cup buttered bread crumbs

Boil macaroni until tender. Drain and rinse. Add to tomatoes, sugar, thyme, savory, salt and dry mustard. Stir until well mixed.

Grease fairly large baking pan, preferably earthenware or glass. Fill, making alternate rows of macaroni, seasoned tomatoes, onions or garlic, and grated cheese, leaving for the top a layer of grated cheese. Sprinkle buttered bread crumbs on top and bake for 1 hour in a moderate oven, 350 deg. F. Makes 4 to 6 servings.

MACARONI AND CHEESE DE LUXE

1 cup uncooked macaroni
1/2 cup soft bread crumbs
1/4 cup shortening
1 1/2 teaspoons salt
1 cup grated cheese
1 1/2 cups scalded milk
3 eggs, separated

Cook macaroni, in boiling salted water until just tender. Drain. Combine bread crumbs, melted shortening, salt and cheese. Add milk. Pour over well-beaten egg yolks. Mix well. Add macaroni. Fold in stiffly beaten egg whites. Pour into well-oiled casserole. Place in pan of hot water. Bake in moderate oven, 350 deg. F., for 50 to 60 minutes or until set. Makes 6 servings.

CHEESE STRATA

12 slices day-old bread
1/2 pound sliced cheese
4 eggs
2 1/2 cups milk
1/2 teaspoon prepared mustard
1 tablespoon chopped onion
1 1/2 teaspoons salt
Dash pepper

Arrange 6 slices (crusts off) in bottom of baking dish, 12 x 7 x 2-inches. Cover with cheese, then the rest of the bread. Beat eggs, add milk, mustard, onion, salt and pepper. Pour over bread. Let stand 1 hour. Bake in moderate oven, 325 deg. F., for 1 hour. Serve immediately. Makes 4 to 6 servings.

STAY-UP CHEESE SOUFFLE

3 tablespoons quick-cooking tapioca
1 teaspoon salt
1 cup milk
3/4 cup grated Canadian cheese
3 egg yolks beaten until lemon colored
3 egg whites stiffly beaten

Combine tapioca, salt and milk in saucepan. Cook over medium heat until mixture comes to full boil, stirring constantly. Remove from heat. Add cheese and stir until melted.

Cool slightly while beating egg yolks. Mix well. Add very gradually to the egg whites, folding in thoroughly. Turn into 1 1/2 quart baking dish. Place in pan of hot water and bake, uncovered, in moderate oven, 350 deg. F., for 50 minutes or until souffle is firm. Makes 4 to 5 servings. (May be frozen.)

CHEESE-MUSHROOM CASSEROLE

1 medium-sized onion
2 tablespoons bacon fat
2 or 3 cups cooked potatoes
1 can mushroom soup
1/3 cup milk
1/2 teaspoon salt, or to taste
1/2 cup cheese, cut finely
3/4 cup peas or canned corn
Buttered crumbs

After onion is nicely cooked in the bacon fat, slice the potatoes and add soup, milk, salt, cheese and peas or corn, then top with buttered crumbs. Bake, uncovered, in moderate oven, 350 deg. F., for 30 minutes.

WELSH RAREBIT

1 tablespoon butter
1 1/2 cups diced cheese
Pinch of salt
1/4 teaspoon dry mustard
Few grains cayenne
1 teaspoon Worcestershire sauce
3/4 cup top milk or cream
1 egg yolk, slightly beaten

Melt butter in pan placed over hot water. Stir in cheese. Add salt, dry mustard, Worcestershire sauce. Combine well. Slowly add milk or cream, stirring with wooden spoon until thick and smooth. Remove from heat. Stir in egg yolk. Serve over hot toast or heated crackers. Makes 4 servings. (A little garlic salt adds extra flavour.)

FIESTA CASSEROLE

2 cups canned cream style corn
1 cup canned tomatoes
3 tablespoons chopped onion
2 tablespoons chopped pimiento
2 tablespoons chopped green pepper
1 teaspoon salt
1 cup yellow corn meal
2 eggs
1 cup milk
4 slices processed cheese

Combine the corn, tomatoes, onion, pimiento, green pepper and salt. Gradually add the corn meal, stirring until well blended. Beat the eggs and milk together; add gradually to the mixture. Place in a well-greased 8 x 8 x 2-inch baking dish and bake, uncovered, at 350 deg. F., for 1 hour. Remove from the oven. Place the 4 slices of cheese on top, return to the oven and bake until the cheese melts. Makes 4 to 6 servings.

MEATLESS MEAT BALLS

1/2 cup grated cheese
1/2 cup ground walnuts
1 cup cracker crumbs
1 onion, chopped
1/2 teaspoon salt
1 teaspoon marmite or other flavouring
1/2 teaspoon sage
3 eggs, beaten
1 can tomato soup, diluted

Mix all but soup in order listed. Shape into small balls and fry until golden brown in hot fat. Add tomato soup and cover. Simmer until tender or place in casserole, cover and bake in moderate oven, 350 deg. F., for 30 to 35 minutes. Makes 18 to 20 balls.

CHEESE AND NOODLES

2 cups noodles
1 1/2 cups sour cream
2 eggs beaten
2 cups cottage cheese
2/3 teaspoon salt
1/8 teaspoon pepper
Buttered bread crumbs

Cook and drain noodles; add sour cream, beaten eggs, cheese and seasonings. Mix well, put in a greased casserole, sprinkle with bread crumbs and bake from 25 to 30 minutes in slow oven, 325 deg. F. Makes 8 servings.

NOODLE TOMATO PIE

1 (8-ounce) package medium noodles
1 small onion, grated
1 can cream of mushroom soup
1/4 teaspoon prepared mustard
Salt and pepper
1 1/4 cups grated cheddar cheese
2 tomatoes

Cook noodles in rapidly boiling salted water until tender, and drain. Combine noodles and grated onion. Turn into buttered 2-quart casserole. Heat soup and add mustard, salt and pepper and 1 cup cheese; stir until cheese is melted. Pour cheese sauce over noodles. Slice tomatoes and place slices around edge of dish. Sprinkle remaining 1/4 cup cheese over tomato slices. Bake, uncovered, in moderate oven, 350 deg. F., for 30 minutes, or until lightly browned. Makes 6 servings.

HERB RICE

1 cup raw rice
1/4 cup butter
1 teaspoon salt
1/4 teaspoon celery salt
Pinch of marjoram and thyme
2 cups chicken consomme

Brown rice in butter. Season with salt, celery salt, marjoram and thyme. Add chicken consomme (made with cubes) and bring to a boil. Cover. Reduce heat to simmer for 15 minutes or until moisture is absorbed.

SPANISH RICE

1/4 cup butter or drippings
3/4 cup chopped onion
1/4 cup minced celery
1 cup uncooked rice
1 teaspoon salt
1/2 teaspoon chili powder (optional)
3 1/2 cups tomato puree
2 bouillon cubes (optional)

Heat butter in pan, cook chopped onion and celery until clear. Remove and add washed and well-drained rice. Cook and stir until rice is lightly browned. Add onions and celery and all other ingredients. Cook slowly for about 35 to 45 minutes or until rice is tender but not mushy. Or, after all ingredients have been combined, turn into greased casserole and bake, in moderate oven, 350 deg. F. Makes 6 servings.

SPANISH RICE WITH CHEESE: Sprinkle 1 1/2 cups grated cheese over Spanish Rice before serving. Or, top with cheese, before placing in the oven to bake.

SPANISH RICE WITH BACON: Use instead of the drippings, 1/4 pound sliced bacon. Brown bacon slowly, then dice. Proceed as above.

SPANISH RICE WITH GROUND BEEF: Brown 1 pound ground beef with onions, separating the particles of meat as much as possible. Proceed as above.

SPICY SPANISH RICE

1 pound ground beef
1 tablespoon butter or margarine
1/3 cup chopped onion
1/4 cup chopped green pepper
2 teaspoons salt
2 teaspoons brown sugar
1 teaspoon chili powder
1/4 to 1/2 teaspoon crumbled bay leaf
1/4 teaspoon pepper
1 teaspoon Worcestershire sauce
2 1/2 cups tomatoes
1/2 cup ketchup
1/2 cup raw rice

Brown beef in butter or margarine. Add onion, green pepper, salt, brown sugar, chili powder, bay leaf, pepper, Worcestershire sauce. Cook till onion is tender but not brown. Add tomatoes and ketchup, simmer 15 minutes. Add rice, simmer covered 30 minutes or till tender, stirring occasionally. Add extra water or tomato juice if needed. Makes 6 to 8 servings.

RICE CHEESE RING

2 eggs
1/2 cup milk
1 cup grated cheese
3 cups cooked rice
Salt and pepper to taste
Minced parsley

Beat eggs slightly, add milk, rice, cheese and seasonings. Bake in buttered ring mold for 30 minutes in a 300 deg. F. oven. Turn out on a platter and fill centre with creamed vegetables, carrots, peas, asparagus, hard-boiled eggs, olives and celery, or carrots and celery. Makes 6 servings.

RICE AMANDINE

1 cup uncooked rice
1 pound bulk sausage
1/2 cup chopped green pepper
1/2 cup chopped onion
1/2 cup chopped celery
1/4 cup toasted slivered almonds
1 can cream of chicken soup

Cook rice as directed on package. Brown crumbled sausage meat in frying pan. Add chopped green pepper, onion and celery. Cook for 10 minutes. Blend in rice, almonds and soup. Bake in 1 1/2-quart covered casserole, in moderate oven, 350 deg. F., for 35 to 40 minutes. Makes 6 to 8 servings.

RICE PILAFF

3 tablespoons butter
1 onion, sliced
1 cup long grain rice
1/2 teaspoon salt
Dash of pepper
Stock
Grated cheese, optional

Melt butter in heavy pan. Add sliced onion and cook briskly 1 minute. Add washed rice, salt and pepper. Cook slowly for 3 minutes, stirring to brown rice. Place in casserole. Cover with stock (consomme or bouillon cubes dissolved in water) to cover half-inch over rice. Place lid on tight. Bake in moderate oven, 375 deg. F., for 20 to 25 minutes. Remove lid. Stir in cheese, if desired.

VARIATION: Stir in lightly fried mushrooms and browned slivered almonds or raw sliced green pepper and cheese.

FOR TURKISH PILAFF: Add a pinch of saffron and ginger when frying rice. Add 1/2 to 1 cup peeled and chopped tomatoes to cooked rice and reheat. (Excellent with lamb or mutton.)

CURRIED RICE

1/2 cup chopped celery
1/4 cup chopped onion
3 tablespoons butter or substitute
1/2 teaspoon curry powder
1 1/2 cups raw rice
3 cups beef or chicken bouillon
2 tablespoons chopped parsley

Saute onion and celery in butter for about 5 minutes. Stir in curry powder and rice; blend well in skillet. Add broth and seasonings. Taste and add more seasonings, if desired. Pour into greased casserole, cover tightly. Bake, in moderate oven, 350 deg. F., for 35 minutes or until moisture is absorbed and rice is tender. Stir in the parsley before serving.

RICE AND MUSHROOM DELIGHT

1/4 cup butter or margarine
2 cups uncooked rice
1 can condensed consomme diluted with 1 can water
1 (8-ounce) can sliced mushrooms with juice
1 tablespoon chopped parsley
1 teaspoon salt
Dash of thyme or marjoram (optional)

Melt butter in a large heavy skillet or a dutch oven; add rice and saute, stirring constantly until golden brown. Stir in remaining ingredients and bring just to a boil. Cover tightly and cook over low heat for about 30 minutes, or until rice is tender, and all liquid has been absorbed. If desired, this dish can be prepared ahead of time, and reheated in a casserole before serving.

WILD RICE CASSEROLE

1/2 pound uncooked wild rice
1 onion, chopped
Butter to brown onion
1 tablespoon chopped parsley
1/2 teaspoon thyme
Salt and pepper to taste
1/2 pound mushrooms, sliced
1 tablespoon butter
Salt and pepper to taste
1/4 cup water

Cook wild rice in salted water until tender. Drain and shake dry. Brown onion in a little butter. Add chopped parsley, thyme, salt and pepper. Mix in the rice. Slice and cook mushrooms in butter, then add salt, pepper and water. Cook 10 minutes. (Cover pan and use low heat.) Add this to the wild rice and spoon into heated serving dish. Makes 4 to 6 servings.

NOTE: Wild rice takes longer to cook than ordinary rice does about 45 minutes.

ALMOND WILD RICE

1/4 pound butter
1 cup wild rice
1/2 cup slivered almonds
2 tablespoons chopped chives, green onions, or green pepper
1/2 pound sliced mushrooms
3 cups chicken broth

Put all ingredients except broth in heavy frying pan and cook until rice turns yellow, stirring constantly. Put into casserole with broth, cover tightly and bake in slow oven, 325 deg. F., for about 1 hour. Makes 6 servings.

EGG FOO YUNG

4 eggs
3/4 pound chopped cooked turkey, chicken, shrimp, pork, or crabmeat
1 (8-ounce) can button mushrooms
1/4 pound bean sprouts (1/2 can, drained)
1 green onion, chopped
1/2 stalk celery, chopped
Salt, pepper

Beat eggs slightly in mixing bowl, add other ingredients. Cover bottom of a 6-inch skillet with peanut oil and heat skillet. Pour 1/4 of the mixture in this and cook over low heat till brown on one side. Turn carefully and cook until brown on other side. Serve with brown sauce. Makes 4 servings.

BROWN SAUCE:

1 tablespoon cornstarch
1 teaspoon soy sauce
1 1/2 cups cold chicken broth
1/4 teaspoon EACH sugar, salt, pepper

Combine cornstarch, soy sauce, chicken broth, salt and pepper and sugar. Cook and stir over medium heat till mixture comes to a boil and thickens.

CHINESE EGG ROLLS

FILLING:

3/4 cup finely chopped celery
1 cup shredded cabbage
2 tablespoons peanut oil
1/2 cup diced cooked shrimps
1/2 cup diced cooked pork or other meat
3/4 cup finely chopped water chestnuts
4 scallions, finely chopped
1 clove garlic, minced
1/2 teaspoon salt
4 tablespoons soy sauce

Put celery and cabbage in 1/2 cup water. Bring to a boil. Drain thoroughly. Heat oil in skillet; add shrimps and meat. Cook for 2 to 3 minutes, stirring constantly. Add remaining ingredients and cook, stirring constantly till delicately browned. Cool.

EGG ROLL SKINS:

1/2 cup sifted flour
2 teaspoons cornstarch
1/4 teaspoon salt
1 small egg, beaten
Pinch of sugar
1/4 cup peanut oil

Sift flour, cornstarch and salt together. Beat in egg and sugar. Add 1 cup water slowly, beating constantly, till batter is smooth. Grease a hot 6-inch skillet with peanut oil. Pour 3 tablespoons batter (for 1 "skin") into hot skillet tipping to spread batter all over bottom of skillet. (Batter is sufficient to make 8 skins.) Place over medium heat and cook till batter shrinks from sides of pan. Turn skin and cook 1 to 2 minutes on other side. Remove and cool. Place 4 tablespoons filling on each egg roll skin, fold two sides in and roll up. Brush edges with paste made from 1 tablespoon flour and 2 tablespoons water and seal. Fry in hot peanut oil, turning frequently, till golden brown. Serves 4.

CURRIED EGGS

6 hard-cooked eggs
1 apple, peeled and cut-up
2 onions, chopped
3 tablespoons butter
2 tablespoons flour
2 tablespoons curry powder
2 cups chicken stock (use bouillon cube)
1 tablespoon lemon juice
Salt, pepper

Using top of double boiler cook apple and onion in butter over direct heat until soft. Stir in flour and curry powder. Add chicken stock. Bring to boil, stirring constantly. Add lemon juice, salt and pepper. Place over hot water. Cook until no taste of starch remains. Slice eggs and add to sauce. Let stand until heated through. Serve over steamed rice with chutney. Makes 4 to 6 servings.

EGG AND ASPARAGUS CASSEROLE

3 tablespoons butter or margarine
3 tablespoons chopped green pepper
1 tablespoon grated onion
2 tablespoons flour
1 cup milk
1 teaspoon salt
1/8 teaspoon pepper
1 pound asparagus cooked
3 hard-cooked eggs
Buttered crumbs
Grated cheese

Melt the butter, add green pepper and onion; cook until golden. Blend in flour. Gradually add milk and cook until smooth and thick, stirring constantly. Add seasoning. Alternate rows of asparagus and egg slices in a greased 6 x 10-inch baking dish. Pour sauce over. Top with buttered crumbs and cheese. Bake in moderate oven, 350 deg. F., for 20 minutes.

RED CABBAGE-APPLES

4 cooking apples
1/2 head red cabbage
2 tablespoons fat
4 slices bacon
1 onion sliced
1/4 teaspoon ground cloves
2 tablespoons vinegar
Salt and pepper
2 teaspoons sugar
1/2 cup boiling water

Peel and quarter apples. Remove cores and slice. Shred cabbage. Heat fat in a fireproof casserole. Add bacon and brown. Remove bacon from dish. Put alternate layers of cabbage, apples and onions in casserole. Sprinkle with seasonings. Add vinegar and water. Put slices of bacon on top. Cover. Bake in moderate oven, 350 deg. F., for 50 minutes, uncovering for the last 10 minutes. Makes 4 servings.

CORN PUDDING

2 cups canned whole kernel corn (drained)
1 cup milk
2 tablespoons finely chopped green pepper
1 teaspoon finely chopped onion
1 tablespoon chopped parsley
1/2 teaspoon salt
1/4 teaspoon pepper
3 eggs, beaten

Mix all ingredients in order listed. Pour into well-buttered baking dish. Set in shallow pan of water. Bake, uncovered, in moderate oven, 350 deg. F., for about 1 hour or until firm. Makes 6 servings.

YALE BEETS

6 medium-sized raw beets
3 tablespoons sugar
1 1/2 tablespoons flour
1/3 teaspoon salt
6 tablespoons orange juice
2 teaspoons lemon juice
1 1/2 tablespoons melted butter

Peel the uncooked beets and slice thinly. Arrange in a casserole. Combine the remaining ingredients, mix and pour over the beets. Cover. Bake in moderate oven, 350 deg. F. for 1 1/4 hours.

STUFFED MARROW

1 vegetable marrow
1 pound ground beef
1 egg
1/2 cup milk
1 1/2 cups soft bread crumbs
1 teaspoon salt
1/4 teaspoon pepper
1/2 teaspoon ground sage

Cut unpeeled marrow in half lengthwise. Scoop out seeds and enough pulp to make a slight hollow. Chop pulp fine and reserve. Sprinkle with salt and pepper. Fry meat in a little fat until slightly browned. Remove from heat; add the finely chopped pulp. Add rest of ingredients which have been combined. Pack into 1/2 of the marrow. Cover with other half. Secure with string. (Don't tie too tight as meat swells in cooking.) Brush outside marrow with melted butter. Season with salt and pepper. Place in shallow roasting pan. Bake in moderate oven, 350 deg. F., for 40 to 60 minutes basting occasionally with pan drippings. Remove string and cut into crosswise slices.

SCALLOPED POTATOES DE LUXE

6 to 8 medium potatoes, sliced
1 large onion, grated
1/2 teaspoon salt
1/4 teaspoon pepper
1/2 cup finely grated cheese
1 can cream of celery soup
1/3 soup can rich milk

Grease casserole. Place alternate layers of sliced potato, grated onion in casserole, sprinkling each layer with seasonings. Mix soup and milk. Heat to scald. Pour over potatoes. Sprinkle with cheese. Cover. Bake in moderate oven, 350 deg. F., for 1 hour. Uncover for 5 to 10 minutes to brown. Makes 6 to 8 servings.

SCALLOPED POTATOES

6 medium potatoes
3 or 4 onions
2 to 3 tablespoons flour
1 1/2 teaspoons salt
1/2 teaspoon pepper
5 tablespoons butter, margarine or bacon fat
1 1/2 to 2 cups milk, heated
Cheese, optional

Wash, peel and slice thin the potatoes. Peel and slice the onions. Place in layers in casserole. Sprinkle each layer with a little flour, salt and pepper. Dot with butter. Add milk, enough to almost cover potatoes. Cover. Bake at 300 deg. F., for 1 1/2 hours or until potatoes are tender. Remove lid last 30 minutes of cooking. Sprinkle each potato layer with cheese, if desired.

POTATO SOUFFLE

2 cups hot mashed potatoes
2 tablespoons margarine
2 eggs, separated
1 cup milk

Whip mashed potatoes with margarine. Beat egg yolks and add. Add milk. Fold in beaten egg whites. Heap into a greased baking dish. Bake, in a moderate oven, 375 deg. F., until brown, about 10 minutes.

MARSHMALLOW SWEET POTATOES

8 medium sweet potatoes
2 tablespoons butter
1/2 cup hot milk
1/2 teaspoon salt
1 teaspoon cinnamon or nutmeg
1/4 teaspoon paprika
1 cup chopped walnuts
1/2 pound large marshmallows

Cook potatoes in skins until tender, remove skins and mash. Add butter, milk and seasonings. Beat until lump free. Spoon into greased casserole. Cover top with marshmallows. Bake in moderate oven, 350 deg. F., until mixture is heated through and marshmallows are brown.

YAM PUDDING EXOTIC

2 1/2 cups shredded (raw) sweet potatoes or yams
2 eggs beaten
1 cup brown sugar
1/4 teaspoon salt
1/2 teaspoon nutmeg
Dash of cloves
4 tablespoons melted butter
Juice of 1 orange
2 cups milk or half and half

Combine eggs, sugar, salt, nutmeg, cloves, butter, orange juice and milk. Stir in potatoes. Pour into buttered 8 x 12-inch baking dish. Bake, uncovered, in hot oven, 400 deg. F., for 1 hour. Makes 6 to 8 servings.

CANDIED SWEET POTATOES

2 to 3 large sweet potatoes
1/4 teaspoon salt
2/3 cup brown sugar
2/3 cup dark corn syrup
1/2 cup melted butter

Wash and peel potatoes. Slice in 1 1/2 to 2-inch slices. Spread slices in shallow pan. Add salt. Add boiling water 3/4 of an inch deep. Cover. Boil gently until bottom halves of slices are tender. Turn slices and continue to cook until barely tender. Place slices in buttered casserole. Add 1 cup of the cooking water. Add brown sugar and syrup. Pour on melted butter. Bake, uncovered, in slow oven, 325 deg. F., for 1 hour. Turn slices once during baking. (If syrup is too thick add a little hot water.)

FISH IN FOIL

Place fish on large sheet of aluminium foil. Top with slices of lemon or onion, sprinkle with favorite herbs, drizzle top with sour cream or barbecue sauce. Fold foil to completely encase fish. It must be tightly sealed.

Place on cookie sheet. Bake in hot oven, 450 deg. F., and allow 30 minutes per inch thickness for frozen fish and 20 minutes per inch thickness for defrosted fish. Open package and serve.

There's no baking pan to wash when you cook fish this way. The fish is moist and tender and there's no fish cooking odor in the kitchen.

SWEET AND SOUR FILLETS

1 green pepper, cut in strips
1 onion, coarsely chopped
2 tablespoons salad oil
1 teaspoon powdered ginger
1 tablespoon brown sugar
1 tablespoon corn starch
1 tablespoon soy sauce
1/4 cup vinegar
2 1/2 cups pineapple (chunks or crushed) undrained
1 1/2 pounds fillets (cod, sole or halibut)

Cook green pepper and onion in salad oil for 5 minutes. Add ginger, brown sugar, cornstarch, soy sauce, vinegar and pineapple. Cook stirring until well blended and thick. Arrange fish in shallow pan. Sprinkle with salt and pepper. Cover with sauce. Bake in moderate oven, 350 deg. F., for 30 minutes.

FISH DINNER IN FOIL

1 package frozen fish fillets
1/2 lemon
1 large onion
1 large or 2 medium potatoes
1 teaspoon chopped parsley
1 teaspoon chopped chives (optional)
Salt and pepper, paprika
1 tablespoon butter

Cut frozen block of fish in half. Place each half on a large square of aluminium foil. Squeeze juice of half a lemon over fish. Cut onion in 4 slices and arrange 2 slices on each block of fish. Sprinkle with paprika. Cut potato into french-fry sticks. Roll in chopped parsley and chives. Arrange around edge of fish. Sprinkle fish, onion and potato with salt and pepper. Dot with butter. Bring foil around the fish and secure with a double fold, leaving no air holes. Place the two packages on a cookie sheet. Bake in hot oven, 425 deg. F., for 40 minutes. Serve on dinner plate just as it comes from the oven. Snip open foil with scissors. Makes 2 servings.

FRASER RIVER SALMON ROYAL

Clean a salmon, fillet, and sprinkle with salt inside and out. Stuff with oyster stuffing and sew. Cut 5 gashes diagonally on each side of backbone and insert narrow pieces of salt pork. Arrange on a baking dish and sprinkle with salt, pepper and dredge with flour. Bake in hot oven, 450 deg. F., for 10 minutes per inch thickness. (Measure after stuffing.)

OYSTER STUFFING:

Mix 2 cups soft bread crumbs with 1/4 cup mild shortening. Add:

3/4 teaspoon salt
1/2 teaspoon black pepper
1 tablespoon parsley
1 1/2 tablespoons lemon juice
1 cup chopped oysters

Serve with Drawn Butter or Tomato Sauce.

DRAWN BUTTER SAUCE:

Melt 3 tablespoons butter, add 3 tablespoons flour and stir until well blended. Add 1 1/2 cups boiling water gradually and stir until sauce is smooth. Then add 1/4 cup butter in small pieces. Season with 1/2 teaspoon salt. Add 1 tablespoon lemon juice and 1 tablespoon chopped parsley.

TOMATO SAUCE:

1 medium-size onion, chopped fine
1/4 cup chopped celery
2 tablespoons shortening
1/2 teaspoon salt
1/8 teaspoon pepper
1 bayleaf
2 cups canned tomatoes
1 tablespoon finely chopped parsley
1/2 teaspoon nutmeg

Combine ingredients and cook for 5 minutes. Pour over skinned fish just before serving.

FISH PUFF CASSEROLE

1 can mushroom soup
1/3 cup grated mild cheese
3 eggs, separated
2 cups soft bread crumbs
1 1/2 cups flaked fish (salmon or halibut)
Salt and pepper to taste

Heat soup in saucepan and add cheese, stirring until cheese is melted. Add each egg yolk separately, stirring well. Remove from fire and add bread crumbs. Cool. When cool, fold in beaten egg whites and pour into casserole. Place casserole in pan of hot water before placing in oven. Bake for 50 to 60 minutes in a moderate oven, 350 deg. F.

FISH BALLS

1 1/2 cups flaked cooked fish
2 cups mashed potatoes
1 egg
1 tablespoon melted butter
1 teaspoon salt
1/4 teaspoon pepper
1 teaspoon finely minced onion
1 cup fine dry bread crumbs or crushed corn flakes

To flaked cooked fish add mashed potatoes, beaten egg, melted butter, salt, pepper, minced onion, and beat until light and fluffy. Form into balls and roll in crumbs. Chill. Saute in hot fat until golden brown, about 3 minutes. Makes 6 servings.

SALMON LOAF

1 tall can salmon
1/2 cup chopped celery
1/4 cup finely chopped onion
1 1/2 cups soft bread crumbs
1 teaspoon dry mustard
1/2 cup milk
2 eggs
4 tablespoons lemon juice
Salt and pepper to taste
3 tablespoons chopped parsley

Flake salmon and crush bone. Beat eggs with milk. Combine remaining ingredients. Add egg-milk mixture; spoon into greased (9 x 5-inch) loaf pan. Bake in moderate oven, 350 deg. F., for 1 hour. Serve hot or cold; slices well.

SALMON PUFF

1 pound can salmon
1/2 teaspoon salt
1/8 teaspoon pepper
3/4 cup soft bread crumbs
1 tablespoon lemon juice
3 eggs, separated

Flake salmon; crush bones. Add seasonings, bread crumbs and lemon juice. Mix together. Beat egg yolks until thick and lemon colored. Add to ingredients. Combine well. Fold in stiffly beaten egg whites. Push gently with spatula into well-greased baking dish. Place in pan of hot water. Bake in slow oven, 300 deg. F., for 40 to 50 minutes, or until knife inserted in centre comes clean. Serve with Tartar Sauce.

QUICK TARTAR SAUCE

1/2 cup mayonnaise
2 teaspoons chopped capers
2 teaspoons chopped olives
2 teaspoons chopped parsley
2 teaspoons chopped sweet pickle
2 teaspoons minced onion
2 teaspoons minced cucumber

Mix all ingredients together and serve immediately.

DEVILLED SALMON CASSEROLE

2 cups canned or cooked salmon
1 can cream of mushroom soup
1 teaspoon Worcestershire sauce
Salt and pepper to taste
1 teaspoon dry mustard
1 tablespoon chopped parsley
1/2 teaspoon marjoram
3 slices bread, (crusts-off) crumbled

Add seasonings to soup and heat. Place flaked salmon in greased casserole. Pour soup over all. Sprinkle top with bread crumbs. Bake, uncovered, in moderate oven, 350 deg. F., for 30 minutes. Makes 4 to 6 servings.

LIMA SALMON CASSEROLE

1 small onion
1 stalk celery
1 tablespoon shortening
1 teaspoon Worcestershire sauce
1 (1-pound) can salmon
2 cups cooked large dry limas (1 cup uncooked)
1 can cream of mushroom soup
3 or 4 strips pimiento
2 tablespoons butter or margarine
1/2 cup dry bread crumbs

Chop onion and celery. Cook in melted shortening until light yellow. Add Worcestershire sauce. Flake salmon and add onion mixture, limas, undiluted soup and pimiento. Turn into greased baking dish. Melt butter and mix with bread crumbs. Sprinkle over top of casserole. Bake in moderate oven, 350 deg. F., about 20 minutes. Makes 6 servings.

SALMON A LA KING

2 tablespoons butter
1 tablespoon chopped onion
3 tablespoons all-purpose flour
2 cups milk
Salt and pepper
1 tablespoon green pepper (chopped)
1 tablespoon chopped pimiento
1/2 pound can red salmon
1/2 to 1 cup canned button mushrooms

Melt butter over hot water. Add onions and cook until tender. Blend in flour; stir in milk, salt, pepper and paprika. Cook, stirring until thick and smooth. Add flaked salmon and mushrooms. Heat. Serve in pattie shells, over toast, in toast cups or over hot, steamed rice. Makes 4 servings.

BAKED SALMON SALAD

1 pound cooked salmon, flaked
3 hard-cooked eggs, chopped
1 cup finely chopped celery
1 cup mayonnaise
2 tablespoons lemon juice
1 tablespoon grated onion
1 tablespoon parsley
1/2 to 1 teaspoon curry powder
Salt and pepper, to taste
1/2 cup finely rolled bread crumbs
6 slices lemon
Paprika, butter

Mix all ingredients together lightly, except crumbs, lemon slices and paprika. Spoon into 6 individual baking dishes or casserole. Sprinkle the crumbs. Top each portion with slices lemon. Dot with butter, sprinkle with paprika. Bake in hot oven, 400 deg. F., for 25 to 30 minutes, until casserole is bubbly and browned. Makes 6 servings.

MEXICAN SALMON

2/3 cup raw rice
2 tablespoons butter
1/2 onion, finely chopped
1/2 green pepper, finely chopped
1/2 cup water
1 can condensed cream of tomato soup
1/2 teaspoon salt
1/8 teaspoon pepper
2 cups canned red salmon

Cook rice as package suggests. Melt butter. Cook onion and green pepper until soft. Add water, soup and seasonings. Cook 3 minutes, uncovered. Combine rice, flaked salmon and mixture from frying pan. Turn into greased casserole. Cover. Bake in moderate oven, 350 deg. F., for 20 minutes. Remove lid. Increase heat to 400 deg. F., for 15 minutes. Makes 4 to 6 servings.

WESTERN SALMON CASSEROLE

1 cup medium white sauce (See Recipe page 43)
2 cups cooked or canned salmon
1/4 cup mayonnaise
2 tablespoons chopped sweet pickles or relish
Salt and pepper to taste
1 1/2 cups buttered crumbs

Mix white sauce, mayonnaise, pickles or relish. Season with salt and pepper. Place half salmon in casserole. Cover with some crumbs. Top with half the combined sauce. Repeat layers. Top with crumbs. Bake, uncovered, in moderate oven, 350 deg. F., for 30 minutes. Makes 4 to 6 servings.

SEAFARER CASSEROLE

4 cups cooked, drained macaroni
1 cup drained canned salmon
2 tablespoons finely diced onion
1/4 cup chopped stuffed olives
2 1/2 cups cheese sauce

CHEESE SAUCE:

1 large can undiluted evaporated milk
1/2 teaspoon salt
1 1/2 teaspoons dry mustard
2 cups grated processed cheese

Simmer milk, salt and mustard in saucepan over low heat to just below boiling (about 2 minutes). Add cheese, and stir over low heat until cheese melts (about 1 minute). Put casserole ingredients in layers with cheese sauce in buttered 1 1/2-quart casserole. Bake in moderate oven, 350 deg. F., about 30 minutes. Makes 4 to 5 servings.

SALMON AND ALMOND CASSEROLE DE LUXE

2 (1/2-pound) cans salmon with liquid
2 cups cooked rice
2 tablespoons butter or margarine
1 large onion chopped
3 tablespoons chopped green pepper
2 cans cream of mushroom soup
2 cups milk
2 1/2 cups coarsely crushed potato chips
2/3 cup blanched almonds

Flake salmon, and mash the bones. Add rice and combine lightly. Fry onion and green pepper in butter till tender; add to salmon mixture and mix lightly. Blend soup and milk. Place half of potato chips in greased 2-quart casserole, and cover with alternate layers of soup and salmon mixture. Cover with remaining potato chips and sprinkle almonds on top. Bake, uncovered, in moderate oven, 375 deg. F., for 45 minutes. Makes 8 to 10 servings.

SALMON-PEA CASSEROLE

2 tablespoons chopped onion
2 tablespoons butter
3 tablespoons all-purpose flour
1 1/2 teaspoons salt
1/4 teaspoon pepper
2 cups milk
1 to 2 tablespoons prepared horseradish
1 (8-ounce) can salmon, flaked
1/2 cup sliced mushrooms
2 tablespoons chopped pimiento
1 package frozen peas, cooked
1 cup cooked drained noodles
3/4 cup cracker crumbs

Cook onion in butter until tender. Stir in flour, salt and pepper. Add milk and stir, cooking over low heat until thick. Remove from heat. Add horseradish. Combine salmon, mushrooms, pimiento, drained peas and noodles. Pour into greased 2-quart casserole. Top with cracker crumbs. Bake in slow oven, 325 deg. F., for 35 to 40 minutes. Serve at once. Makes 8 to 10 servings.

KEDGEREE

1 (1-pound) can salmon, drained, flaked
2 cups freshly cooked rice
4 hard-cooked eggs (2 chopped, 2 sliced)
3 tablespoons chopped parsley
1 to 3 teaspoons curry powder
1/2 teaspoon Worcestershire sauce
4 tablespoons light cream

Combine salmon, rice, 2 hard-cooked chopped eggs, parsley, curry powder and Worcestershire sauce. Spoon into 2-quart buttered baking dish. Dot with butter. Sprinkle cream over all. Bake, uncovered, in hot oven, 400 deg. F., for 10 minutes. Remove from oven and garnish with egg slices. Makes 6 servings.

TANG-O'-SEA LOAF

2 cups cooked salmon
1 cup cooked rice
1/2 teaspoon salt
Dash of pepper
1/4 cup finely chopped onion
2 tablespoons chopped parsley
2 tablespoons chopped pickle
2 eggs, well beaten
Margarine

Mix salmon (bones and liquid) with remaining ingredients. Spoon into greased baking dish, 8 1/2 x 4 1/2-inches. Dot with butter. Bake in moderate oven, 350 deg. F., about 35 to 40 minutes until set and browned. (A little curry powder may be added, if desired.) Makes 6 to 8 servings.

MOCK CHICKEN

1 can cream of chicken, celery or mushroom soup
3/4 cup milk
1 can green beans or peas
1 can tuna, flaked

Blend together soup and milk. Add drained vegetable and tuna. Heat. Serve over toast, in patty shells or in toast cups.

TOAST CUPS: Butter bread on both sides and press into muffin pans. Put in moderate 375 deg. F. oven until crisp and golden about 10 minutes.

TIP FOR TUNA: Place tuna in sieve. Pour boiling water over tuna. Drain. This gets rid of the "oil" so many people dislike.

CALIFORNIA SUPPER DISH

1 small onion, chopped
4 tablespoons shortening
1 (4-ounce) can mushrooms
1 tablespoon chopped green pepper
3/4 cup corn niblets, drained
2 cups canned tomatoes
1/2 teaspoon salt
Dash of pepper and thyme
1 1/2 cups cooked rice
1 can tuna, flaked

Cook onion in 2 tablespoons shortening until clear. Add mushrooms, green pepper, corn, tomatoes and seasonings. Melt remaining shortening and add to rice. Place a layer of rice in greased casserole, a layer of fish then a layer of tomato mixture. Repeat the layers. Sprinkle top with buttered crumbs and bake, uncovered, in hot oven, 400 deg. F., for 35 minutes.

TUNA FISH CASSEROLE

1 (7-ounce) can solid pack tuna, flaked
1 can cream of mushroom soup
1 can mushrooms or 1/2 pound fresh mushrooms browned in butter

Arrange in a greased casserole alternating layers of tuna, mushrooms and soup. Top with potato chips. Bake in moderate oven, 350 deg. F., for 20 to 30 minutes. Makes 4 to 5 servings. (Can be stretched by adding noodles and/or vegetable layers.)

MISS WARK'S CALIFORNIA CHICKEN-PIE

2 cups tuna
2 carrots, diced
2 medium potatoes, diced
1 medium onion, chopped
1 cup green peas
1 tablespoon butter
2 tablespoons flour
1 cup milk
1 teaspoon salt
1/4 teaspoon paprika
1/8 teaspoon pepper
Pastry

Boil carrots, potatoes, onion and peas together in a small amount of salted boiling water. Make a white sauce of the butter, flour and milk. Add seasonings and mix with the tuna. Line a baking dish with plain pastry. Fill with vegetables and creamed fish in layers. Cover with an upper crust. Make steam slits. Bake in hot oven, 425 deg. F., until crust is brown, (about 20 minutes).

TUNA-POTATO SURPRISE

6 uniform baking potatoes
1 cup hot milk
2 tablespoons butter or margarine
1 teaspoon salt
1/8 teaspoon pepper
2 tablespoons grated onion
Shredded Canadian cheese

Bake potatoes in 400 deg. F., oven, until done, 45 to 60 minutes. Cut slice from top of baked potatoes, and scoop out. Mash. Add milk, butter, seasonings, and onion. Beat fluffy. Pile into shells. With spoon, hollow out well in centre of potato. Fill with Creamed Tuna. Top with cheese. Return to oven; brown. Makes 6 servings.

CREAMED TUNA: Melt 2 tablespoons butter or margarine. Add 2 tablespoons flour. Blend, and gradually add 1 cup milk. Cook over low heat until thick and smooth, stirring constantly. Add 1/4 teaspoon salt and 1 cup tuna, flaked. Heat through.

BAKED TUNA SALAD

2 (7-ounce) cans tuna, drained and flaked
1/2 cup chopped green pepper
1 cup chopped celery
2/3 cup mayonnaise
1/4 cup chopped onion
1 teaspoon Worcestershire sauce
1/2 teaspoon salt
1/4 teaspoon pepper
1/2 cup dry bread crumbs
2 tablespoons melted butter

Place tuna pieces in bottom of greased 1-quart casserole. Combine rest of ingredients and spread over tuna. Sprinkle top lightly with bread crumbs, mixed with melted butter. Bake, uncovered, in moderate oven, 350 deg. F., for 20 to 30 minutes. Makes 4 to 5 servings.

DELL'S TUNA CASSEROLE

1 (7-ounce) can tuna, drained and flaked
1 1/2 cups cooked rice
1 or 2 hard-cooked eggs, sliced
4 tablespoons chopped green pepper
1 tablespoon butter
2 tablespoons flour
1 cup milk
1 teaspoon crushed sage
1/2 cup salted peanuts

Place tuna on bottom of 2-quart casserole. Cover with rice. Top rice with chopped onion and green pepper. Melt butter, add flour gradually and stir. Add milk, slowly stirring until thick. Add sage and stir to blend. Pour over ingredients in casserole. Top with salted peanuts. Cover. Bake in moderate oven, 350 deg. F., for 25 to 35 minutes, or until bubbling. Makes 3 servings.

TUNA BAKE

1 1/2 cups uncooked macaroni
3 tablespoons butter or margarine
2 tablespoons flour
1/2 teaspoon salt
1/8 teaspoon pepper
2 cups milk
1 cup (or more) grated cheese
1 (7-ounce) can solid white tuna
Chopped parsley

Cook macaroni according to package directions. Drain. Place in casserole. Make Cheese Sauce; melt butter in saucepan; blend in flour, salt, pepper and milk. Cook until smooth. Add cheese and broken tuna. Pour over macaroni in casserole. Sprinkle with more cheese and chopped parsley. Place in oven to brown. Makes 4 servings.

TUNA-MACARONI-CHEESE LOAF

MACARONI LAYER
6 ounces macaroni
1 cup bread crumbs
1 cup milk
1/4 cup grated cheese
1 tablespoon EACH chopped parsley and onion
2 tablespoons chopped pimiento
1 teaspoon salt
2 eggs, beaten
TUNA LAYER
2 (7-ounce) cans solid-pack tuna
2 eggs, beaten
1/2 teaspoon salt
1/4 teaspoon EACH paprika and pepper
1 tablespoon chopped parsley
2 tablespoons lemon juice
1/2 cup bread crumbs
1/2 cup milk

Cook macaroni in boiling salted water until tender. Drain and rinse. Combine bread crumbs, milk, cheese, parsley, onion, pimiento, salt and eggs. Stir in macaroni. Pour half into a greased 5 x 10-inch loaf pan. Combine tuna, eggs, salt, paprika, pepper, parsley, lemon juice, bread crumbs and milk. Pour over macaroni mixture. Pour remaining mixture over tuna. Bake in slow oven, 325 deg. F. for 1 1/2 hours. Makes 8 servings.

TUNA CHOW MEIN CASSEROLE

1 (7-ounce) can tuna, scalded and broken up
1 can mushroom soup
1/2 soup can water
1 cup finely diced onion
1 cup finely diced celery
1 (6 1/2-ounce) package fried noodles

Save a few of the noodles for topping. Mix all other ingredients together, and place in buttered casserole. Top with the remaining noodles. Bake in moderate oven, 350 deg. F., for about 45 minutes. Makes 4 to 6 servings.

DEVILLED TUNA CASSEROLE

1 (7-ounce) can tuna, drained and flaked
1 tablespoon lemon juice
1 can cream of celery soup
3 tablespoons milk or cream
2 tablespoons EACH green pepper and onion
1 teaspoon prepared mustard
Dash of Tabasco
1 teaspoon Worcestershire sauce
1/2 teaspoon chili powder (optional)
Buttered crumbs
Paprika

Sprinkle lemon juice over tuna pieces. Combine cream of celery soup, milk, chopped green pepper, chopped onion with seasonings. Place tuna in bottom of 1-quart greased casserole. Pour in combined ingredients. Sprinkle with buttered crumbs. Dust with paprika. Bake in hot oven, 400 deg. F., for 15 to 20 minutes, uncovered, until crumbs are well-browned. Makes 4 servings.

TWO-TIERED TUNA CASSEROLE

1 small onion, chopped
4 tablespoons green pepper, chopped
2 cups noodles, cooked
1 1/2 teaspoons salt
1/2 teaspoon pepper
1 1/2 cans cream of mushroom soup
1 (20-ounce) can tomatoes, drained
1 (7-ounce) can tuna, drained and flaked
1/4 teaspoon thyme
1 small package potato chips (about 3 ounces)
1 (10-ounce) can mushrooms, drained (optional)

Cook onions and pepper in a little butter until soft. Cook and drain noodles. Season. Place half noodles in buttered 1-quart oblong casserole. Cover with half each the soup, tomatoes, tuna, and mushrooms, if desired. Repeat. Sprinkle with thyme. Sprinkle with crushed potato chips. Bake in hot oven, 400 deg. F., for 20 to 30 minutes. Makes 4 servings.

TUNA LUAU

1/4 cup butter or margarine
2 tablespoons chopped onion
1 cup chopped peeled apples
2 1/2 teaspoons curry powder
2 tablespoons flour
1/4 teaspoon ginger
1/2 teaspoon salt
2 1/2 cups milk
2 (7-ounce) cans tuna, drained and flaked
1/2 cup flaked coconut
2 tablespoons lemon juice
Cooked rice

Melt butter, add onion and apple and saute about 2 minutes. Add curry powder, mix well. Cook 1 minute, stirring constantly. Mix flour, ginger and 1/2 teaspoon salt with a small amount of the milk and blend with curry mixture. Gradually add remaining milk, stirring constantly. Simmer gently about 25 minutes, stirring occasionally. Add tuna and coconut and heat thoroughly. Add the lemon juice just before serving. Serve over cooked rice. Makes 4 servings.

HAWAIIAN TUNA

1 can cream of chicken soup
1/2 cup milk
1 teaspoon curry powder
1 (7-ounce) can tuna fish
1 cup crushed pineapple, drained
1 package (1 1/3 cups) quick-cooking rice

Heat chicken soup in saucepan with milk and curry. Stir until well blended. Add tuna and pineapple and mix well. Cook rice according to package directions. Serve the tuna over the hot rice. Makes 4 servings.

ITALIAN TUNA

1 (7-ounce) can tuna, drained and flaked
3 tablespoons oil (from tuna plus salad oil)
1/2 cup onions, finely chopped
1 garlic clove, finely chopped
2 tablespoons minced parsley
1 cup tomato sauce
1 (8-ounce) package spaghetti, cooked

Simmer onions, garlic, and parsley in the oil 10 minutes until soft and lightly browned. Add tuna and continue cooking until it begins to brown. Add tomato sauce. Cook uncovered over low heat about 15 minutes or until thickened. When sauce is nearly ready, cook spaghetti, drain, turn onto serving platter and pour tuna-tomato sauce over. Makes 4 to 6 servings.

PACIFIC CRAB CASSEROLE

1 (6 1/2-ounce) can crab, drained and flaked
1 can whole kernel corn, drained
1/4 to 1/2 cup chopped green pepper
2 hard-cooked eggs, sliced
4 tablespoons butter or margarine
3 tablespoons flour
1 cup milk
2 teaspoons prepared mustard
1 teaspoon prepared horseradish
1 teaspoon lemon juice
1 teaspoon salt
1/2 teaspoon pepper
2 tablespoons mild grated onion
1/2 to 1 cup grated cheddar cheese
1/2 cup crushed potato chips or bread crumbs

Place crab pieces, kernel corn, green pepper and sliced eggs in lightly greased 1-quart shallow baking dish. Melt butter in top of double boiler over hot water. Blend in flour. Stir in milk until sauce is thick and smooth. Add mustard, horseradish, lemon juice, salt, pepper and onion. Blend. Pour over ingredients in casserole. Sprinkle cheese over all. Top lightly with crushed potato chips or bread crumbs. Bake, uncovered, in moderate oven, 350 deg. F., for 30 minutes. Makes 4 to 5 servings.

FAVORITE CRAB CASSEROLE

1/2 cup raw long grain rice
1 cup thick white sauce (See recipe Page 43)
1/2 cup grated cheese
1 small onion, finely chopped
1/2 green pepper, finely chopped
1 can mushrooms, drained
1 can crab meat, drained
1/2 teaspoon celery salt
Salt and pepper
Buttered crumbs

Cook rice. Dissolve cheese in white sauce. Place rice in bottom of greased casserole. Cover with cheese sauce. Add onion, pepper, mushrooms, crab meat and seasonings. Top with buttered crumbs. Bake, uncovered, in slow oven, 325 deg. F., for about 30 minutes. Makes 4 servings.

BRITISH COLUMBIA CRAB DISH

1/4 cup butter or margarine
3 tablespoons flour
2 cups milk
2 tablespoons minced onion
1/2 teaspoon celery salt
1/8 teaspoon grated orange rind
1 tablespoon minced parsley
1 tablespoon minced green pepper
1 pimiento, minced
Dash Tabasco sauce
2 tablespoons sherry (optional)
1 egg, beaten
Salt and pepper
3 cups cooked crab meat
1/2 cup soft bread crumbs
1 tablespoon melted butter

Melt butter or margarine in double boiler, stirring in flour and milk. Cook, stirring until thick. Add onion, celery salt, orange rind, parsley, green pepper, pimiento, Tabasco and remove from heat. Add sherry, if desired. Stir in a little of the hot sauce slowly into egg, then stir egg mixture back into sauce. Add salt and pepper to taste. Add crab meat. Turn into a greased casserole, sprinkle with buttered crumbs. Don't cover. Bake 20 minutes, in moderate oven, 350 deg. F., or until brown on top. Makes 6 servings.

CRAB CASSEROLE SUPREME

2 cups hot, cooked rice
2 tablespoons butter
2 cups grated cheese
1 (8-ounce) can tomato sauce
1/2 teaspoon salt
1 teaspoon Worcestershire sauce
1 package frozen peas, cooked
1 can mushrooms, drained
2 (6 1/2-ounce) cans crab meat, drained

Cook rice. Add butter, cheese, tomato sauce, salt and Worcestershire sauce. Stir over low heat until cheese melts. Place layers of rice, peas, mushrooms and crab meat into 2-quart casserole. Cover. Bake in moderate oven, 350 deg. F., for 30 to 40 minutes. Makes 6 servings. (Can be made in the morning and refrigerated until ready to bake in the evening.)

GREY CUP CRAB CASSEROLE

1 can (6 1/2 ounces) crab meat
2 cups cooked rice
1 cup grated cheese
2 hard-cooked eggs, sliced
1/2 green pepper, sliced and fried in butter until soft
1 1/2 tablespoons butter
1 1/2 tablespoons flour
1 1/2 cups milk
1 1/2 tablespoons mayonnaise
Salt and pepper
1 cup bread crumbs
Butter

Place rice in 2-quart casserole. Distribute crab pieces over rice. Sprinkle with cheese. Arrange egg slices over this. Toss in softened green pepper. Melt butter in saucepan. Add flour and milk and stir over low heat until smooth and thick. Remove from heat, stir in mayonnaise. Season to taste with salt and pepper. Pour over casserole ingredients. Sprinkle with crumbs. Dot with butter. Bake in moderate oven, 350 deg. F., for 30 to 40 minutes. (Make and refrigerate until baking time.) Makes 3 to 4 servings.

PRINCESS PIE
(Crabmeat Pie)

PIE INGREDIENTS:

2 (6 1/2-ounce) cans crab meat, drained
2/3 cup chili sauce
3/4 cup chopped celery, cooked
1/2 cup chopped green pepper, cooked
4 tablespoons chopped onion, cooked
1/2 can cream of mushroom soup
3 tablespoons mayonnaise
1 cup grated cheddar cheese

TOPPING:

1 cup sifted all-purpose flour
2 teaspoons double-acting baking powder OR 3 teaspoons single-acting baking powder
1/4 teaspoon salt
3 tablespoons shortening
1/3 cup water or milk

Cook celery, green pepper and onion in a little water until tender. Drain. Combine crab meat and chili sauce. Pour into 2-quart casserole. Add cooked, drained vegetables. Mix soup, mayonnaise and cheese. Heat over hot water until cheese melts. Pour over vegetables. TOPPING: Sift dry ingredients. Cut in shortening. Add milk or water. Knead lightly. Pat or roll to fit casserole top. Make steam slits. Bake in hot oven, 425 deg. F., for 20 to 30 minutes. Makes 6 servings.

NANTUCKET SEAFOOD SHELLS

1 (8-ounce) package macaroni, cooked
1 (10 1/2-ounce) can cream of mushroom soup
1/2 cup milk
1 (6 1/2-ounce) can crab meat, drained, flaked
2 tablespoons butter
2 tablespoons minced onion
1/4 teaspoon grated lemon rind
1 teaspoon lemon juice
1/4 cup Parmesan cheese
1 teaspoon salt
1/2 teaspoon basil
1/4 teaspoon tarragon
1/2 cup bread crumbs
2 tablespoons butter, melted

Melt butter; cook onion until tender; add to cooked macaroni. Dilute soup with milk; add lemon rind and juice, Parmesan cheese, salt, basil, tarragon and crabmeat. Mix and pour over macaroni. Butter 8 individual scallop shells. Divide mixture evenly, top with buttered bread crumbs. Bake in hot oven, 400 deg. F., for 10 to 15 minutes. Makes 6 to 8 servings.

CRAB LUNCHEON DISH

1/4 cup butter or margarine
4 tablespoons flour
2 cups milk
1/2 teaspoon salt
Pinch of pepper
1 1/2 cups crabmeat
2 hard-cooked eggs, chopped
1 cup buttered dry bread crumbs
1/3 cup slivered almonds (blanched or not)

Melt butter; add flour; blend. Add milk, stirring and cooking over low heat until thick and smooth. Season. Add crabmeat and eggs. Place half the crumbs in greased casserole (or shells). Cover with crab mixture and top with rest of crumbs. Sprinkle with almonds. Sprinkle with paprika. Bake in moderate oven, 350 deg. F., for 20 to 25 minutes. Makes 6 servings.

JOY'S CRAB-MUSHROOM-NOODLE CASSEROLE

3 tablespoons butter or substitute
3 tablespoons flour
2 cups milk
1/2 teaspoon salt
Pepper to taste
1 small onion, grated
1 can (6 1/2 ounces) crab, drained and separated
1 cup diced celery
1 (8-ounce) can button mushrooms, drained OR 1/2 pound fresh mushrooms, browned
2 cups wide noodles, cooked

Melt butter. Stir in flour. Gradually add milk, stirring all the time until sauce thickens. Add salt, pepper and grated onions. Mix together crab meat, celery, mushrooms, and noodles. Stir in white sauce. Spoon into greased 1 1/2-quart casserole. Sprinkle with paprika. Bake in moderate oven, 375 deg. F., for 30 minutes or until mixture is bubbling hot. Makes 4 servings.

HOT CRABMEAT SALAD

1 cup crabmeat
2 cups diced celery
1/4 cup minced green pepper
1/3 cup blanched almonds
2 chopped hard-cooked eggs
1 teaspoon salt
3 tablespoons melted butter
1/4 cup sifted flour
1 cup milk.
Dry breadcrumbs or potato chips

Make a sauce of butter, flour, milk. Add other ingredients except bread crumbs. Turn into greased baking dish. Cover with crumbs or crumbled potato chips. Bake in moderate oven, 350 deg. F., for 35 minutes. Makes 4 servings.

SIMPLIFIED CRAB NEWBURG

2/3 cup sliced mushrooms
4 tablespoons butter
4 tablespoons flour
1/2 teaspoon salt
1/8 teaspoon white pepper
1 1/2 cups milk
2 (6 1/2-ounce) cans or 2 cups crabmeat
1/4 cup white wine

Saute mushrooms in butter. Add flour, salt, pepper, and milk. Cook until thickened. Add the crabmeat and wine. Place in ramekins. Sprinkle with buttered bread crumbs and bake in hot oven, 400 deg. F., until lightly browned. Makes 6 servings.

CRAB CUSTARD

1 teaspoon grated onion
4 tablespoons butter
4 tablespoons flour
1 teaspoon salt
1/8 teaspoon pepper
4 cups milk
1/2 cup light cream
Dash of tabasco sauce
1 teaspoon tomato ketchup
4 eggs
1 tablespoon sherry (optional)
3 cups crabmeat
1 cup buttered bread crumbs

Cook onion in butter over hot water. Blend in flour, salt, and pepper. Add milk, cream and sauces. Cook, stirring constantly, until thickened. Beat eggs, add, stirring constantly. Put crabmeat in well-buttered casserole. Add mixed ingredients. Top with buttered crumbs. Bake in slow oven, 325 deg. F., 1 hour, or until inserted knife comes out clean. Makes 8 to 10 servings.

DEVILLED CRAB SHELLS

Fill sea shells or pastry shells with devilled crab. Top with cheese puff and put a small square of pimiento on each. Shortly before serving, broil until puffed and slightly brown, about 4 minutes.

DEVILLED CRAB

1 (6 1/2-ounce) can crabmeat
2 tablespoons finely chopped onion
1 very small clove garlic, minced
3 tablespoons butter or margarine
4 tablespoons flour
1 cup cream (or 3/4 cup cream, 1/4 cup sherry)
4 tablespoons chili sauce
1 teaspoon Worcestershire sauce
1 teaspoon ac'cent
1/8 teaspoon Tabasco
Salt to taste

Lightly brown onion and garlic in butter and blend in flour. Add cream and seasonings. Cook, stirring constantly, until thick. Add crab and heat.

CHEESE PUFF TOP

Cream together 2 ounces grated mild cheese, 4 ounces cream cheese, 3 tablespoons butter or margarine, 1/2 teaspoon Worcestershire sauce, 1 tablespoon cream, 1/2 teaspoon paprika, 1/2 teaspoon dry mustard, 1/2 teaspoon baking powder and 1 egg yolk. When thoroughly blended, fold in one stiffly beaten egg white. Add salt to taste.

CRAB SOUFFLE

1 (6 1/2-ounce) can crab meat
3 eggs, well beaten
1/2 cup melted butter
1 teaspoon Worcestershire sauce
1/2 cup cracker crumbs
1 cup cream
1 cup milk

Mix together all ingredients, adding crab meat last. Put in casserole. Set casserole in pan of water during baking. Bake in moderate oven, 350 deg. F., for 45 minutes. Makes 4 servings.

EASY DEVILLED CRAB MEAT

1 can (6 1/2 ounces) crab meat, drained
1 can cream of mushroom soup, undiluted
2 tablespoons mayonnaise
1 teaspoon curry powder

Combine soup, mayonnaise and curry in top of double boiler. Place over hot water. Stir until smooth. Fold in crab meat; heat through. Spoon over toast or into croustades. Makes 4 servings.

PARTY HOT CRAB FILLING

1/2 cup butter
1/2 cup flour
1 tall can evaporated milk
1 milk can of water
1 teaspoon salt
3/4 teaspoon garlic powder (or to taste)
1/4 teaspoon cayenne
1/4 cup chopped parsley
1/4 cup chopped green onion
6 hard-cooked eggs, chopped
1 1/2 teaspoons chopped pimiento
1 1/4 pounds crab meat

Melt butter. Stir in flour mixed with salt. Gradually add the milk combined with the water, stirring all the time. Cook, stirring until thick. Add remaining ingredients, stirring gently to combine. Serve in small cream puffs as appetizers, hot or cold. (See recipe below.)

TINY CREAM PUFFS

1/2 cup butter
1 cup boiling water
1 cup sifted all-purpose flour
4 eggs

Bring water and butter to a boil. Add flour ALL AT ONCE, stirring vigorously. Cook, stirring constantly, until mixture forms a ball that doesn't separate, and comes clean from sides of pan. Remove from heat and cool slightly. Add eggs, one at a time, beating vigorously after each until mixture is smooth, shiny and breaks from spoon. Drop from a teaspoon, 2 inches apart, onto lightly greased cookie sheet. Bake at 450 deg. F., for 15 minutes, then lower to 325 deg. F. about 25 minutes longer. Remove with spatula and cool on rack. When cool, cut slit in side of puff and fill as desired. Makes 4 1/2 dozen tiny puffs.

SHRIMP FRICASSEE

2 (5-ounce) cans shrimp
1 tablespoon lemon juice
4 tablespoons butter
1/2 cup chopped celery
2 tablespoons chopped onion
2 tablespoons flour
2 cups evaporated milk
1/8 teaspoon pepper
1 (10-ounce) can cream of mushroom soup
2 cups cooked rice
1/4 cup toasted slivered almonds, optional
Potato chips or buttered crumbs

Rinse shrimps in cold water; drain. Sprinkle with lemon juice. Melt butter in top of double boiler over direct heat. Add celery and onion and cook until tender. Blend in flour and pepper; then milk and soup. Cook over boiling water, stirring constantly until thick. Fold in rice, almonds, shrimp and lemon juice. Pour into greased 3-quart casserole or 8 individual casseroles. Cover with potato chips or buttered crumbs. Bake in moderate oven, 350 deg. F., for 30 to 40 minutes. Makes 8 servings. (Can be made in the morning and store in refrigerator.)

SHRIMP STUFFED EGGPLANT

2 (4 1/2-ounce) cans small shrimp
1/2 cup chopped onion
1/4 cup chopped green pepper
1/2 cup chopped parsley
2 cloves garlic, finely chopped
1/3 cup shortening, melted
1 large eggplant
1 cup canned tomatoes
2 bay leaves
1 teaspoon salt
1/2 teaspoon pepper
1/2 teaspoon crushed whole thyme
2/3 cup shrimp liquid
3 tablespoons butter, melted
3/4 cup dry bread crumbs

Drain shrimp; measure liquid. Cook onion, green pepper, parsley and garlic in fat until tender. Wash and halve eggplant lengthwise. Scoop out pulp leaving shell about 1/4-inch thick. Turn shells upside down in pan of cold water to prevent discoloration. Chop pulp; add tomatoes, seasonings, shrimp liquid and chopped eggplant to the onion mixture. Cover and simmer 10 minutes until eggplant is tender. Remove bay leaves. Add shrimp. Fill shells with alternate layers of shrimp mixture and buttered crumbs. Place in baking pan adding a little hot water to prevent sticking. Bake in hot oven, 400 deg. F., 35 to 40 minutes until brown. Makes 6 servings.

SHRIMP AND COTTAGE CHEESE LOAF

2 tablespoons chopped onions
2 tablespoons chopped green pepper
2 tablespoons butter
1 cup tomato juice
1 1/2 teaspoons Worcestershire sauce
1 teaspoon salt
1/8 teaspoon pepper
3 eggs, slightly beaten
1/2 pound shrimp meat, finely chopped
1 cup creamed cottage cheese
1 1/2 cups uncooked elbow macaroni, cooked and drained

Cook onions and green pepper in butter until tender. Add to tomato juice with Worcestershire sauce, salt, pepper and eggs. Mix well. Add shrimps, cottage cheese and cooked macaroni. Mix thoroughly. Pour into greased loaf pan. Bake at 325 deg. F., for 1 1/4 hours or until firm. Remove from oven. Cool 5 minutes in pan. Turn out on platter. Serve hot with Tomato or Creole Sauce. Serves 6.

TOMATO SAUCE: Heat tomato soup, just as it comes from the can.

TOMATO CREOLE SAUCE:

2 tablespoons minced green pepper
1 small onion, minced
1 tablespoons butter or margarine
1 can tomato soup
1/4 cup water

Cook green pepper and onion in butter until soft. Add soup and water, and heat.

SPICY TOMATO SAUCE:

1 can tomato soup
2 tablespoons brown sugar
2 teaspoons vinegar
1/4 teaspoon cinnamon
1/4 teaspoon cloves

Combine ingredients. Simmer 3 to 5 minutes to blend flavors.

SHRIMP SPAGHETTI SUPREME

1/2 cup sliced celery
1/2 cup chopped onion
1 clove garlic, minced
2/3 cup sliced mushrooms
1/4 cup butter
2 cups tomato sauce
1 cup water
1 teaspoon Worcestershire sauce
1 1/2 teaspoons salt
1/8 teaspoon pepper
1 cup cooked shrimp
1/4 cup grated Parmesan cheese
1/2 pound spaghetti, cooked and drained

Saute celery, onion, garlic and mushrooms in butter until tender. Add tomato sauce, water, seasonings and shrimps. Simmer 25 minutes. Add cheese. Pour over spaghetti, and top with a sprinkling of cheese. Makes 4 to 6 servings.

SHRIMP FRIED RICE

4 cups cold cooked rice (cooked day before)
2 tablespoons oil
2 cups chopped cooked shrimps
1 egg, slightly beaten
3/4 teaspoon salt
1/4 teaspoon pepper
2 tablespoons soy sauce
2 scallions or spring onions, chopped

Add shrimps to hot oil in frying pan, cook for about 1 minute, stirring constantly. Add egg, salt and pepper, and cook stirring until well mixed. Add rice and soy sauce and cook, stirring frequently, 4 or 5 minutes until rice is thoroughly heated through. Garnish with chopped scallions. Makes 4 servings. (Diced leftover meat could be used in place of shrimp.)

SHRIMP ROCKEFELLER

1 pound cooked cleaned shrimp
2 (12-ounce) packages frozen chopped spinach
1/2 cup butter or margarine
1 1/2 teaspoons Worcestershire sauce
2 teaspoons anchovy paste
1/2 teaspoon salt
1 teaspoon celery salt
1/4 teaspoon tabasco sauce
1/2 cup chopped green onions and tops
2 cloves garlic, finely chopped
1/2 cup chopped parsley
1 cup chopped lettuce
3 slices crustless white bread
3/4 cup water
2 tablespoons butter, melted
1/2 cup dry bread crumbs
1/4 cup grated Parmesan cheese

Prepare shrimp Thaw spinach; drain. Melt butter and blend in seasonings. Add vegetables and simmer 10 minutes until tender. Moisten bread with water; add vegetables and mix well. Place shrimp in 6 greased shells or casseroles, reserving 6 for top. Cover with vegetable mixture and sprinkle with buttered dry crumbs and cheese. Place a shrimp on top. Bake, uncovered, in hot oven, 400 deg. F., 15 minutes or until brown. Makes 6 servings.

CURRIED SHRIMPS

1 (5-ounce) can shrimps, rinsed in cold water
1 1/2 tablespoons butter
1 1/2 tablespoons flour
1 1/2 cups stock (chicken or beef bouillon)
1 to 2 teaspoons curry powder (or to taste)
Cooked rice

Melt butter over low fire. Add flour and work to a smooth paste. Blend in curry powder. Add stock slowly, stirring until thick and smooth. Add shrimps. Heat through. Spoon over cooked rice. Serve with curry accompaniments. Makes 2 to 3 servings.

SHRIMP-NOODLE CASSEROLE

1 cup fine noodles, cooked
1/4 cup minced onion
2 tablespoons chopped green pepper

2 tablespoons butter or margarine
1 can cream of celery soup
1/2 cup milk
1 small can shrimps, drained and rinsed
2 tablespoons chopped pimiento
1/4 cup buttered crumbs OR 1/4 cup crushed potato chips

Cook onions and green peppers in butter until lightly browned. Add soup, milk, drained shrimps, cooked noodles and pimientos. Place in 1 1/2-quart casserole. Sprinkle with crumbs or potato chips. Bake in moderate oven, 375 deg. F., for 25 minutes or until heated through. Makes 4 servings.

DEEP FRIED SHRIMP OR PRAWNS

1 cup all-purpose flour
1/2 teaspoon baking powder
1/2 teaspoon salt
3/4 pound shrimp (approximately)
1 beaten egg
1 cup milk or more
1 teaspoon vinegar

Sift flour, baking powder and salt. Mix beaten egg and milk, and add. Beat well. (Add enough milk to make a "pour" batter.) Add vinegar. Dip large shrimp in batter individually. Put small shrimp in batter, and use spoon to dip out into fryer. Fry in hot fat, 375 deg. F., until browned. Makes 6 servings.

FRIDAY SHRIMP CASSEROLE

1 (5-ounce) can shrimp, drain and save liquid
1/3 cup raw rice
4 tablespoons butter or margarine
1 1/2 tablespoons flour
1/2 cup tomato juice
2 tablespoons grated onion
1/2 cup grated raw carrots OR 1 cup cooked carrots (Sieved)
1 tablespoon Worcestershire sauce
Grated cheese

Cook rice in water with 2 tablespoons butter. Melt remaining butter in saucepan and blend in flour. Add shrimp liquid and tomato juice to make sauce. When thickened, add onion, carrots, Worcestershire sauce and shrimps. Put the hot rice into a greased casserole, cover with the shrimp mixture and top with grated cheese. Brown in hot oven, 400 deg. F., Makes 4 servings.

SHRIMP DE JONGHE

3 cans (4 1/2-ounce) cleaned large shrimp
1 cup dry bread crumbs
1/2 cup butter or margarine, melted
1/4 cup chopped green onions and tops
2 cloves garlic, finely chopped
1 teaspoon chervil
2 teaspoons chopped parsley
1 teaspoon tarragon vinegar
1 teaspoon crushed whole thyme
1/4 teaspoon nutmeg
Dash of mace
1/2 cup sherry
2 tablespoons butter or margarine, melted
1/2 cup dry bread crumbs

Drain shrimp; cover with ice water for 5 minutes; drain. Combine crumbs, butter, onion, garlic, parsley, chervil, vinegar, thyme, nutmeg, mace and sherry. Place alternate layers of shrimp and crumb mixture in greased 1-quart casserole. Sprinkle with buttered crumbs. Bake in moderate oven, 350 deg. F., 1 hour or until brown. Makes 6 servings.

BAKED SHRIMP AND CHEESE DELIGHT

1/4 pound mushrooms, sliced
2 tablespoons butter
1 pound cooked shrimp
1 1/2 cups cooked rice
1/2 cup undiluted evaporated milk
1 1/2 cups grated cheese
3 tablespoons catsup
1/2 teaspoon Worcestershire sauce
1/4 teaspoon salt
1/8 teaspoon pepper

Saute mushrooms in butter 10 minutes or until tender. Mix rest of ingredients in lightly and pour into 4 or 5 casseroles. Bake, uncovered, in moderate oven, 350 deg. F., until heated through.

SHRIMP JAMBALAYA

2 cups cooked or canned shrimp
1/2 green pepper, chopped
2 tablespoons butter
1/2 teaspoon paprika
1/2 bay leaf
1/2 onion, sliced thin
1/2 cup celery, chopped
1/2 teaspoon salt
2 cups tomato paste OR tomato soup OR stewed tomatoes

Saute onion, green pepper and celery in butter in a chafing dish, either over direct heat or over hot water. When the onion is browned, add the seasoned tomatoes and bay leaf. Stir until hot and blended. Add shrimp. Cover and heat thoroughly. Serve over cooked rice.
NOTE: Lobster may be substituted for shrimp, or a mixture of shrimp, crab meat, and lobster is very good.

MACARONI AND CLAMS AU GRATIN

1 tall can minced clams
3/4 cup milk
2 tablespoons margarine
3 tablespoons flour
1 teaspoon salt
1/4 teaspoon pepper
5 cups cooked macaroni
Buttered crumbs

Drain liquor from clams. Make a sauce of the liquor, milk, flour, margarine and seasonings. Combine the clams, macaroni and sauce in a buttered baking dish; cover with crumbs and bake, uncovered, in moderate oven, 350 deg. F., for 30 minutes. Makes 6 servings.

CLAM MACARONI SOUFFLE

1 tall can minced clams
1 tablespoon butter
1 egg, beaten
1/2 onion, chopped
1 teaspoon chopped parsley
1/4 teaspoon salt
2 teaspoons prepared mustard
1 cup diced cooked macaroni

Fry onion in butter, add remaining ingredients and pour into buttered casserole. Top with buttered crumbs. Bake, uncovered, in moderate oven, 350 deg. F., about 20 minutes.

RICE CLAM LOAF

1 cup raw rice, cooked
2 eggs, well beaten
1/2 teaspoon salt
1 tall can clams (whole or minced)
1 cup milk
1 tablespoon butter

Strain clams and cut whole clams small. Then put a layer of rice in a greased loaf pan or casserole, then a layer of clams. Repeat layers. Spread top with butter, then pour the well-beaten eggs, seasonings and milk over. Bake, uncovered, in moderate oven, 350 deg. F., about 30 minutes or until browned. Makes 5 to 6 servings.

LOBSTER THERMIDOR

2 cooked lobsters
1/4 pound mushrooms, sliced
1/2 cup butter
Dash of paprika
1/4 teaspoon mustard
2 tablespoons minced parsley
1 cup sherry
1/4 cup flour
2 cups cream
1 teaspoon salt
1/4 cup grated Parmesan cheese

Cut lobsters in halves, remove meat and break into pieces. Cook mushrooms in 6 tablespoons butter and add paprika, mustard, parsley and sherry. Heat to boiling. Melt remaining butter, blend in flour, add cream and cook until thickened, stirring constantly. Season and add mushroom mixture and lobster. Fill shells with mixture. Sprinkle with cheese. Bake in hot oven, 425 deg. F., about 15 to 20 minutes. Makes 4 servings.

LOBSTER MUSHROOM CASSEROLE

1 cup cooked or canned lobster
1/2 cup chopped green pepper, cooked tender
1 package of potato chips (about 3 ounces)
1 can cream of mushroom soup with 1 soup can of milk, mixed until smooth

Butter shallow casserole and cover bottom with crushed potato chips. Pour a layer of soup over this, then half the lobster, then another layer of soup. Add sauteed green pepper, then rest of lobster, then remaining soup mixture. Crumble remaining chips over top. Bake, uncovered, in moderate oven, 350 deg. F., about 45 minutes or until bubbling.

FESTIVE OYSTERS

1 cup soft bread crumbs
1 1/2 cups fine cracker crumbs
1/4 cup margarine, melted
1 pint or more oysters
1 teaspoon salt
1/8 teaspoon pepper
1/4 teaspoon nutmeg
1 tablespoon parsley flakes
1/2 cup oyster liquor
1/4 cup milk

Mix crumbs and margarine; line bottom of 10 x 6-inch casserole with half of them. Arrange oysters in layers, sprinkling each with seasonings. Add milk and liquor; top with remaining crumbs. Bake, uncovered, 350 deg. F., for 1 hour.

CREAMED OYSTER CASSEROLE

2/3 cup finely chopped onion
1/2 cup butter
4 dozen raw oysters, drained OR 2 packages frozen oysters, thawed and drained
2 cans cream of chicken soup
1 can mushrooms, drained and sliced
1 1/2 cups grated Parmesan cheese
1/4 teaspoon black pepper

Fry onions in butter until tender. Add oysters, cook until edges curl. Add rest of ingredients. Turn into 2-quart casserole. Heat in moderate oven, 350 deg. F., about 15 to 20 minutes. Makes 4 to 6 servings.

OYSTER PIE

3 small onions, parboiled, chopped
2 cups potatoes, boiled and chopped
1 1/2 pints small oysters
1 cup celery, chopped
Salt and pepper to season
1 1/2 cups thick white sauce (See recipe Page 43)
Rich pastry for top crust

Grease a baking dish. Place a lyaer of onions and potatoes in the bottom. Add a layer of oysters. Sprinkle this with some celery. Season with salt and pepper. Repeat the layering ending with oysters. Pour over the sauce. Fit the pastry top over this. Overlap the pastry edges on the dish to make a good seal. Slash top to make steam slits. Bake in moderate oven, 350 deg. F., for 45 minutes or until done.

HANGTOWN FRY

1 to 1 1/2 dozen oysters, drained
Salt and pepper to season
Cracker crumbs
1 egg, beaten
Butter
6 eggs, slightly beaten
1/4 cup milk
Salt and pepper to season
Bacon or sausages to garnish

Season drained oysters with salt and pepper. Dip them in cracker crumbs, then in beaten egg and in crumbs again. Fry to golden brown on one side using butter. Turn over oysters and pour in slightly beaten eggs, milk seasoned with salt and pepper. Cook slowly until eggs are set and lightly browned. During the cooking lift the cooked eggs with spatula to let the uncooked part run out on the hot pan. To serve, fold in half and garnish with crisp bacon curls or browned link sausages.

SCALLOPED OYSTERS

1 1/2 pints oysters and liquor (about 4 dozen)
3/4 teaspoon salt
Dash of pepper
2 tablespoons chopped parsley
1/4 cup softened butter or margarine
2 cups fine cracker crumbs
3/4 cup milk
1/4 teaspoon Worcestershire sauce

Strain off oyster liquor and save 1/4 cup. Stir salt, pepper and parsley into oysters. Blend together butter or margarine and cracker crumbs. Alternate layers of oysters and cracker mixture in greased baking dish. Combine milk, Worcestershire sauce and oyster liquor. Pour into baking dish. Bake in moderate oven, 350 deg. F., for 30 minutes. If desired, garnish with additional oysters in the last 15 minutes of cooking. Makes 6 servings.

OYSTER SHRIMP CASSEROLE

3 tablespoons butter
3 tablespoons flour
1 1/2 cups milk
3/4 teaspoon salt
1/8 teaspoon pepper
1 teaspoon bottled condiment sauce
2 dashes Tabasco
2 cups cooked peas
1 dozen oysters, drained
1 cup canned shrimp
Pastry

Melt butter in top of double boiler; stir in flour, then milk. Cook, stirring until thickened. Add seasonings; blend. Place peas, oysters and cleaned shrimp in layers in a 1 1/2-quart casserole; cover with sauce. Top with pastry rolled 1/8 inch thick; press edges with fork. Bake in very hot oven, 450 deg. F., for 17 minutes or until brown. Makes 6 servings.

OYSTER PEPPER PAN ROAST

1/2 cup green pepper
1/2 cup chopped onion
1/4 cup butter
Parsley
1 cup tomato catsup
1/2 pint oysters
Toast

Cook together green pepper, chopped onion, and butter. Add parsley, tomato catsup, and oysters and cook until oysters are plump. Serve on toast at once.

BAKED CRAB AND SHRIMP

1 large green pepper, chopped
1 onion, cut-up
1 cup celery, cut-up
1 pound crab meat
1 cup shrimp
1 cup mayonnaise
2 teaspoons Worcestershire sauce
Salt and pepper
2 tablespoons butter
1 cup bread crumbs

Combine seafoods in a large bowl. Add celery, onion, mayonnaise, salt and Worcestershire sauce, tossing lightly. Pile into greased 1 1/2-quart baking dish and top with buttered crumbs. Bake, uncovered, in moderate oven, 375 deg. F., for 20 minutes. (This may be prepared in the morning, refrigerated, and more baking time allowed.) Makes 6 to 8 servings.

SHELL FISH CASSEROLE

1/2 pint oysters with liquor
1 cup crabmeat, flaked
1 cup shrimp, cut large
Milk
3 tablespoons butter
3 tablespoons flour
1 teaspoon salt
1 teaspoon pepper, or to taste
2 tablespoons chopped parsley
1 tablespoon chopped chives, optional
Crumbs or potato chips
Parmesan cheese

Heat oysters in their liquor. Drain. Measure liquid. Add enough milk to make 2 cups liquid. Melt butter; work in flour; add salt. Slowly add milk, stirring constantly, until thickened. Add parsley and chives. Place fish in casserole; cover with sauce. Sprinkle liberally with crumbs or chips and cheese. Bake in hot oven, 450 deg. F., about 20 minutes or until heated through.

THREE-SEAFOOD CASSEROLE

2 cups medium white sauce (See Recipe Page 43)
3 hard cooked eggs, sliced
1 can cut-up shrimp
1 can tuna fish
1 can drained mushrooms
1 can drained crabmeat
2 cups 1-day old bread crumbs
1/2 cup melted butter
1 to 1 1/2 cups grated cheddar cheese

Into a 2-quart casserole, greased, place in layers: eggs, sauce, shrimp, sauce, tuna, sauce, mushrooms, sauce, crabmeat, sauce. Sprinkle with crumbs combined with melted butter. Sprinkle with cheese. Bake, uncovered, in moderate oven, 350 deg. F., for 1 1/2 hours. Makes 6 servings.

RED AND GREEN CASSEROLE

1 cup cooked rice
1 cup cooked shrimp, lobster OR crabmeat
1 large green pepper, sliced
1 teaspoon salt
1 cup evaporated milk
1 cup grated cheese
Prepared mustard
Pinch of pepper

Place ingredients in layers in buttered 1 1/2-quart casserole. Sprinkle each layer lightly with seasonings and dot with mustard. Pour milk over all. Bake in moderate oven, 375 deg. F., for 25 minutes, or until cheese melts. Makes 6 servings.

SEAFOOD MEDLEY

1 can lobster, drained
1 cup crabmeat, drained
1 cup shrimp, drained
1 cup tuna, scalded, drained
1 cup finely chopped celery
2 tablespoons chopped onion
1 1/2 cups mayonnaise
1/2 teaspoon salt
1/2 teaspoon Worcestershire sauce
1 cup dry bread crumbs
2 tablespoons melted butter

Fry bread crumbs in butter and reserve for topping. Mix remaining ingredients together. Place in casserole. Top with crumbs. Pierce crumbs with a fork so that liquid can seep through. Bake in moderate oven, 350 deg. F., for 30 minutes. Makes 8 servings.

SEAFOOD ON HALF SHELL

1 (8-ounce) package shell macaroni
2 cans mushroom soup
1 cup milk
1 small can lobster, flaked
1 small can shrimp, drained
1/4 cup diced green pepper
1/3 cup quartered pitted black olives
1 teaspoon garlic salt
Few grains cayenne
1 cup grated cheddar cheese
2 tablespoons butter

Cook macaroni until tender; drain. Heat soup and milk until bubbly. Add macaroni, seafoods, green pepper, olives, seasonings and half the cheese. Spoon into individual shells or casseroles, sprinkling with cheese; dot with butter. Brown under broiler. Makes 6 to 8 servings.

CRAB, SHRIMP AND MACARONI AU GRATIN

1/4 pound crab
1/4 pound shrimp
1/4 pound cooked macaroni
1 quart rich cream sauce (See page 43)
1 individual package corn flakes
3 ounces shredded Cheddar cheese
More shredded Cheddar cheese

Mix first 6 ingredients together. Place in individual casseroles or 1 (2-quart) casserole. Sprinkle generously with more cheese. Bake, uncovered, in hot oven, 400 deg. F., for 25 minutes.

SEASHORE CASSEROLE

1 cup cooked crabmeat
1 (4-ounce) can mushrooms, drained
1 cup cooked shrimp
1 cup chopped celery
1/4 cup minced green pepper
1/4 cup milk
2 tablespoons lemon juice
1 teaspoon paprika
1/2 teaspoon seasoning salt
1/2 teaspoon EACH onion powder and curry powder
1/4 teaspoon thyme
1/2 cup mayonnaise
2 1/2 cups soft bread crumbs
Dash of mace

Combine crab, shrimp, mushrooms, celery and green pepper. Add milk, lemon juice and seasonings to mayonnaise; blend. Add to mixture; blend. Arrange crumbs and seafood in alternate layers in greased 1 1/2-quart casserole. Top with buttered crumbs and sprinkle with paprika. Bake in moderate oven, 350 deg. F., for 30 minutes. Makes 6 servings.

ALASKA BLACK COD

2 pounds black cod
Cold water
1/2 cup milk, optional

Cover fish, placed in pan, with cold water. Cover pan. Bring to simmer and cook 1 minute. Drain. Repeat this step once or twice depending on how salty cod is. Simmer in last water until fish is cooked, about 20 minutes per pound. Drain. Serve with lemon or lemon butter sauce. OR simmer once or twice; then drain and place in buttered baking dish with 1/2 cup milk. Bake in moderate oven, 350 deg. F., for about 10 minutes, or until milk is hot and fish flakes when touched with a fork. Makes 6 servings.

SOUSED OOLICANS

Pack oolicans into pyrex baking dish. Mix together 1 cup water, 1 cup vinegar, 1 teaspoon salt, 1/8 teaspoon pepper and 8 bay leaves (small). Pour this over oolicans. Place bay leaves evenly over fish. Bake in moderate oven, 350 deg. F., for 1 hour. Serve hot or cold.

HERRING, SCOTCH STYLE

4 large herring fillets
2 teaspoons salt
1/4 teaspoon pepper
2 tablespoons vinegar
2 tablespoons water
1 tablespoon brown sugar
1/4 teaspoon ground cloves

Rub herring fillets with salt, and place in a shallow dish; the fillets overlapping slightly. Mix vinegar, water, brown sugar, pepper, and cloves. Pour over herring and sprinkle with 2 tablespoons crumbs. Bake in moderate oven, 350 deg. F., for 30 minutes.

CASSEROLE BREAD

1 cup milk
3 tablespoons sugar
1 tablespoon salt
1 1/2 tablespoons shortening
1 cup warm water
2 packages yeast
4 1/2 cups sifted all-purpose flour

Scald milk, sugar, salt and shortening. Cool to lukewarm. Sprinkle yeast over warm water in large bowl. Stir to dissolve. Pour into lukewarm milk mixture. Stir in flour. (Use your hand and stir as if you really mean it.) Cover. Let rise until TRIPLED in bulk. Stir down. Beat by hand for 1/2 minute. Spoon into greased 1 1/2-quart casserole. Bake in moderate oven, 375 deg. F., for 1 hour or until done. Remove from casserole. Brush top with shortening. Place on rack to cool.

Serve this bread on a cutting broad and let your guests cut their own bread slices. Place a good supply of softened butter well-laced with chopped chives, parsley or discreetly flavored with garlic salt or crushed garlic for your guests' pleasure.

SAVORY FRENCH BREAD

Slice on the bias, cutting almost, but not quite through loaf. The bottom crust holds slices together. Pull slices apart just enough to spread on butter or margarine, or better still, seasoned butter. Garlic butter is a universal favorite but it gets real competition from some of the Seasoned Butters that follow. Put the slices back together and wrap loaf loosely in foil. Heat in hot oven, 400 deg. F., 15 to 20 minutes. Serve hot loaf on tray or plate or in a long basket and let everyone break off his helping.

Or cut loaf in halves lengthwise, toast cut surface on grill and spread with butter. Break apart to serve. Another way to fix French bread is to cut loaf in 1-inch slices, spread with garlic butter, sprinkle with grated Parmesan or other hard cheese, spread on baking sheet and heat in hot oven, 400 deg. F., for 3 to 5 minutes.

SEASONED BUTTERS

Soften 1/2 cup butter or margarine by creaming in mixing bowl. (Enough to spread one SMALL loaf French bread.) Add and mix well:

ONION-PARSLEY: 4 teaspoons each minced onion and parsley
CHILI-KETCHUP: 1/2 teaspoon chili powder, 2 tablespoons ketchup and 2 crushed garlic cloves
MUSTARD: 2 tablespoons prepared mustard
GARLIC: Crush 3 or 4 peeled garlic cloves. Add to butter or margarine. Let stand at room temperature an hour or two, stirring occasionally.

WHEAT GERM MUFFINS

1 cup sifted all-purpose flour
3 teaspoons baking powder
1/8 teaspoon baking soda
1/2 cup brown sugar
3/4 cup wheat germ
1 egg, slightly beaten
3/4 cup milk
1/4 cup salad oil
1/2 cup raisins, optional

Sift dry ingredients. Add wheat germ. Add raisins. Beat egg and milk together. Add all at once to dry ingredients. Add salad oil. Blend with as few strokes as possible. Spoon into greased muffin pans. Bake in hot oven, 15 minutes. Makes 1 dozen large muffins.

MEAT PIE PASTRY

2 cups sifted all-purpose flour
2 teaspoons baking powder
1 teaspoon salt
2/3 cup shortening
1/2 cup hot water
1 egg yolk, beaten
1 tablespoon lemon juice

Sift dry ingredients together. Mix the shortening, lemon juice, egg and hot water together until creamy. Stir in the flour mixture. Stir just to blend. Chill, wrapped in foil or plastic until needed.

BISCUITS SUPREME

2 cups sifted all-purpose flour
4 teaspoons baking powder
1/2 teaspoon salt
1/2 teaspoon cream of tartar
1/2 cup shortening
2/3 cup milk

Sift dry ingredients together. Cut in shortening until mixture resembles coarse crumbs. Add milk all at once, stir only until dough follows fork around bowl. Turn out on lightly floured surface and knead for 1/2 minute. Pat or roll 1/2-inch thick. Cut with biscuit cutter. Bake on ungreased cookie sheet in very hot oven, 450 deg. F., for 10 to 12 minutes. Makes 16 medium biscuits.

NOTE: You can use salad oil instead of butter, if you wish. Sift dry ingredients, add salad oil and the milk.

Makes a very tender biscuit but the texture is a little firmer or more solid than with butter.

Add 2 tablespoons sugar to dry ingredients when making biscuits, if desired.

NEVER-FAIL PASTRY

1 pound lard
5 to 6 cups all-purpose flour
2 teaspoons baking powder
2 teaspoons salt
1 egg
1 tablespoon vinegar
Cold water

Sift dry ingredients together. Cut in lard with pastry blender. Beat egg placed in 8-ounce measuring cup. Add vinegar and fill cup to the 8-ounce level with cold water. Add all at once to dry ingredients. Stir to blend. Form into a ball. Wrap in freezer-type paper (not waxed paper - a plastic bag or foil is fine). Chill in refrigerator, or store in your home freezer.

This pastry will keep about 7 days in the refrigerator. Makes 3 double-crust pies.

Six cups of flour makes an excellent pastry. Some home cooks prefer to use only five cups.

SOUR CREAM DRESSING

1 cup thick sour cream
2 tablespoons vinegar
2 tablespoons sugar
1/2 teaspoon salt

Stir together. Season with chopped chives, chopped parsley, dill seed or what you like.

BASIC WHITE SAUCE

TO MAKE A THIN SAUCE: (used as a base for cream soups) Using Method I or II mix 1 tablespoon butter, 1 tablespoon flour, 1/2 teaspoon salt, dash of pepper, and 1 cup milk.

TO MAKE A MEDIUM SAUCE: (used for creamed vegetables, fowl or meat) Using Method I or II mix 2 tablespoons butter, 2 tablespoons flour, 1/2 teaspoon salt, dash of pepper, and 1 cup milk.

TO MAKE A THICK SAUCE: (used in casserole dishes) Using Method I or II mix 3 tablespoons butter, 3 tablespoons flour, 1/2 teaspoon salt, dash of pepper, and 1 cup milk.

TO MAKE A VERY THICK SAUCE: (used for croquettes) Using Method I or II mix 4 tablespoons butter, 4 tablespoons flour, 1/2 teaspoon salt, dash of pepper, and 1 cup milk.

HOW TO MAKE SAUCE

METHOD I

Melt fat in heavy saucepan or double boiler over very LOW heat. Stir in flour, gradually with a wooden spoon. Add seasonings. Measure milk in measuring cup. Add one third of milk to fat and flour mixture and blend thoroughly. Add next third and blend thoroughly. Add last third and blend thoroughly. Stir constantly until sauce thickens and looks satiny and smooth. For thick or very thick sauce, cook over hot water or very low heat, stirring occasionally, for an additional 10 minutes.

METHOD II

Blend fat (at room temperature), flour and seasonings in a small bowl. Heat milk over low heat until small bubbles appear around the edges (165 deg. F.). Add the hot milk to the blended mixture. Stir vigorously until well blended and milk begins to thicken. Continue stirring gently in a circular motion, scraping sides and bottom of pan. Cook, stirring, until sauce is satiny and smooth. For thick or very thick sauces, cook over hot water or very low heat, for an additional 10 minutes.

CREAM SAUCE: Use thin cream or heavy cream instead of milk in White Sauce recipe. Stir in a beaten egg yolk after removing sauce from heat.

COLESLAW

1 small head cabbage
1 teaspoon salt
1 teaspoon sugar
1/8 teaspoon cayenne pepper
1 tablespoon lemon juice
2 tablespoons vinegar
1 cup thick sour cream

TO MAKE DRESSING: Place salt, sugar, and pepper in mixing bowl. Blend thoroughly. Add lemon juice and vinegar. When mixture is perfectly smooth, fold in the cream. Stir well and store in covered container in refrigerator. Pour over crisp, finely shredded cabbage.

VEGETABLE ASPIC RING

1 (12-ounce) package frozen, mixed vegetables
2 envelopes unflavored gelatin
1 cup water
1/2 cup finely chopped celery
1 (10 1/2-ounce) can condensed consomme, or 2 bouillon cubes dissolved in 1 1/3 cups hot water
2 tablespoons lemon juice
Salt to taste

Cook frozen vegetables according to directions on carton. Drain. Chill. Soften gelatin in 1/2 cup of the water. Heat remaining 1/2 cup water and consomme to simmering; add softened gelatin, stir until dissolved. Remove from heat; add lemon juice and salt to taste. Chill until consistency of unbeaten egg whites. Fold in chilled vegetables and celery. Turn into oiled 5-cup ring mold. Chill until firm. Unmold on salad greens. Garnish with cream cheese balls, rolled in chopped walnuts. Serve with mayonnaise or boiled dressing. Makes 6 servings.

SISTER ACCIE'S SALAD

1 cup dairy sour cream
1 cup long-shred coconut
1 can mandarin oranges, well-drained
1 cup pineapple chunks, well-drained
1 cup quartered marshmallows

Mix all the ingredients together and refrigerate a day before serving. (Delicious served with turkey, chicken and all roasts.)

SPECIAL FRENCH DRESSING

1 clove garlic, grated fine
1 small onion, grated fine
1/2 cup sugar
1/3 cup tarragon vinegar
1 teaspoon Worcestershire sauce
2/3 cup tomato ketchup
1 teaspoon salt
1 pint salad oil

Combine ingredients in bowl of electric mixer and beat until well blended and fairly thick. Store in quart jar in the refrigerator. Makes 1 quart.

PICKLED EGGS

1 dozen hard-cooked eggs, cooled and peeled
1 quart cider vinegar
1 tablespoon whole allspice
1 tablespoon whole cloves, optional
1 tablespoon black peppercorns
1 tablespoon green ginger root, chopped
1 teaspoon salt
1 clove garlic, crushed

Cover eggs with cold water. Bring to boil. Reduce to simmer. Simmer 30 to 40 minutes. Remove from water. Rinse under cold water tap until eggs are chilled (this prevents that dark line from forming). Peel eggs, meanwhile bring remaining ingredients to a boil (spices tied loosely in cheesecloth bag). Simmer 10 minutes. Remove spice bag and garlic. Pour boiling hot over eggs placed in sterilized jars. Seal. Refrigerate.

VARIETY MEATS

FROZEN: KEEP FROZEN: Thaw in the REFRIGERATOR before cooking.

FRESH: HEART, LIVER, TONGUE, KIDNEYS, OXTAILS: Keep in coldest part of refrigerator, LOOSELY WRAPPED. Use within 24 HOURS of purchase.

BRAINS, SWEETBREADS: Use AS SOON AS purchased OR simmer, drain, cover and refrigerate IMMEDIATELY. Use within 24 HOURS.

SMOKED TONGUE: Keep in wrapper in REFRIGERATOR, and use within 3 DAYS.

PICKLED TONGUE: Keep COVERED IN REFRIGERATOR Use within 7 DAYS.

MIXED BEAN BAKE

1/2 pound bulk pork sausage
1 (1-pound) can baked beans
1 (1-pound) can kidney beans, drained
1 (1-pound) can large lima beans, drained
2 medium apples, peeled and sliced thin
2 small onions, sliced
3 cloves garlic, crushed
2 (8-ounce) cans tomato sauce
1/2 cup brown sugar
1 teaspoon chili powder

Break sausage into skillet; brown lightly; drain off excess fat. Mix with remaining ingredients. Spoon mixture into greased 2 1/2-quart casserole or bean pot. Cover and bake at 350 deg. F. for about 1 1/2 hours. Makes 10 to 12 servings.

GREEN BEANS DE LUXE

1 pound cooked beans
2 tablespoons olive oil
1 clove garlic
1 small onion
1 large tomato
1 tablespoon white wine or sherry
1 tablespoon minced green pepper
1 tablespoon minced celery
1 tablespoon minced parsley
1 teaspoon margarine
Pinch of cinnamon and allspice
Salt and pepper

Cook garlic and onion in oil for about 10 minutes. Add rest of ingredients except beans, and cook 10 minutes. Add beans and simmer an additional 10 minutes.

YORKSHIRE PIGS
(Toad-in-the-Hole)

1 cup sifted flour
1/2 teaspoon salt
2 eggs
1 cup milk
1 pound pork sausages

Brown sausages and drain off all but 2 tablespoons fat. Combine eggs and milk. Add all at once to sifted dry ingredients. Beat with rotary egg beater until smooth and light. Pour over sausages placed in casserole. Bake in hot oven, 400 deg. F., for 30 minutes.

SWEET AND SOUR RABBIT

1 tablespoon fat
1 chopped onion
2 cups diced, cooked rabbit
2 teaspoons cornstarch
2 tablespoons brown sugar
Dash of salt
1/2 teaspoon powdered ginger
1/2 teaspoon cloves
1/2 teaspoon nutmeg
3 tablespoons lemon juice
2 tablespoons soy sauce
1 cup water

Simmer the rabbit for one hour.

Heat fat in heavy frying pan. Brown chopped onion. Add diced, cooked rabbit and brown slowly. Combine cornstarch and brown sugar. Add salt, powdered ginger, cloves, and nutmeg. Stir in lemon juice, soy sauce and water. Mix to a thin paste. Slowly stir into meat mixture.

Cook, stirring constantly, until mixture thickens and comes to a boil. Reduce heat and simmer about 20 minutes. Serve with rice, if desired.

ZUCCHINI FLORENTINE

2 pounds zucchini
2 medium onions, minced
3 tablespoons butter
2 cups tomatoes
1/2 teaspoon salt
Pepper
1/2 cup grated cheese
Parsley

Wash zucchini and cut, without peeling, into 1/4 inch slices. Saute onions in butter until golden; add zucchini slices and cook over low heat for 5 minutes, stirring often. Add tomatoes, salt and pepper, and simmer 5 minutes longer, covered. Place in buttered baking dish. Sprinkle with grated cheese and bake about 20 minutes in a 375 deg. F., oven.

BROCCOLI CASSEROLE

2 bunches broccoli
1 cup chopped mushrooms
1/2 teaspoon minced onion
4 tablespoons butter
2 tablespoons flour
1 cup milk
1/2 teaspoon salt
1/4 teaspoon pepper
1/4 cup chopped parsley
1 cup cooked peas
1/2 cup grated Parmesan cheese

Parboil the broccoli, cut into large pieces, and drain it. Saute chopped mushrooms and minced onion in butter for 5 minutes and remove them from a pan with a perforated spoon. Stir in flour into the butter remaining in the pan and cook the roux, stirring constantly, until it bubbles. Add gradually the milk and cook the sauce, stirring, until it is smooth and thick. Stir in salt and pepper and sprinkle the sauce with chopped parsley. Put the broccoli in a baking dish and spread cooked peas and the mushrooms over it. Pour the sauce over the vegetables and sprinkle with grated Parmesan cheese. Bake the casserole in a hot oven, 450 deg. F., for 30 minutes.

SHEPHERD'S PIE

2 tablespoons butter
2 tablespoons grated onion
1/2 cup thinly-sliced celery
2 cups ground left-over beef
2 cups left-over gravy
1 tablespoon parsley flakes or 3 tablespoons fresh chopped parsley
Dash of garlic salt
Salt and pepper
1 envelope instant mashed potatoes or 2 cups regular mashed potatoes
2 egg yolks, beaten

Heat oven to 350 degrees.

Melt butter in heavy saucepan. Add onion and celery and cook gently 5 minutes.

Add meat and gravy. (If gravy is very thick or there is not enough use part water.) Stir in parsley and garlic salt. Season to taste with salt and pepper. (Amounts depend on how well meat and gravy were seasoned.)

Prepare instant mashed potatoes as directed on package or prepare regular mashed potatoes in the usual way. Stir in egg yolks.

Pour meat into 1 1/2-quart casserole. Top with large spoonfulls of potatoes.

Bake about 30 minutes or until bubbling well and potatoes are lightly browned. Makes 6 servings.

BAKED SQUASH AND PINEAPPLE CASSEROLE

1 squash, cut into pieces
1/2 cup brown sugar
1 can sliced pineapple, save the juice
Salt
Butter

Slice the squash into pieces about the size of pineapple slices. Place in buttered casserole, in layers with brown sugar and pineapple. Sprinkle with salt and drizzle with the pineapple juice. Dot with butter. Bake in moderate oven, 350 deg. F., for 1 hour or until done. Makes 6 servings. (This dish goes well with baked ham.)

BABY CARROTS OR BEETS GLAZED

1/4 cup butter or margarine, melted
1/4 cup liquid honey
2 teaspoons EACH orange rind and lemon rind

Blend together butter and honey. Flavor with orange and lemon rind. Pour over cooked vegetables and place over low heat, stirring carefully until vegetables are glazed. Makes 4 servings.

HARVARD BEETS

1/3 cup sugar (white or brown)
2 tablespoons flour OR 1 tablespoon cornstarch
1/4 cup water
1/2 cup cider vinegar (pickle vinegar is good)
1/2 teaspoon salt
2 tablespoons butter
2 cups cooked OR canned beets, diced or sliced

Mix sugar and flour together in saucepan. Add water and vinegar. Cook on medium heat until thick, stirring constantly. Add salt, butter and diced beets. Cook to heat beets. Makes 5 servings.

MUSHROOMS AND PEAS IN SOUR CREAM

1 package frozen peas or 1 can green peas
1 pound mushrooms
3 tablespoons butter
2 tablespoons water
1 cup commercial sour cream
1/2 teaspoon salt
Paprika

Heat butter and water and add cleaned mushrooms. Saute for 10 minutes until tender. Add sour cream, salt and paprika. Cook slowly for about 10 minutes. Heat peas separately and add to the mushrooms just before serving. Makes 10 servings.

ONIONS EN CASSEROLE

2 pounds small white onions, cooked
1 (10 1/4-ounce) can condensed cream of mushroom soup
1/4 cup cream (or evaporated milk)
1/2 cup chopped walnuts
1/4 cup shredded cheddar cheese

Place onions in a casserole. Cover with sauce made by mixing soup, cream and walnuts. Sprinkle with cheese. Bake in moderate oven, 350 deg. F., about 30 minutes. Makes 6 servings.

SAUERKRAUT AND APPLES

1 (No. 2 1/2) can (3 cups) sauerkraut
3 apples, peeled and sliced
1/4 cup water
4 tablespoons brown sugar

Put alternate layers of sauerkraut and apples in buttered baking dish. Sprinkle with water. Drizzle with brown sugar. Cover dish. Bake in moderate oven, 350 deg. F., for about 45 minutes. Makes 6 servings. (Very good with ham or pork.)

CONTINENTAL CASSEROLE

2 tablespoons olive or salad oil
1 clove garlic, sliced very thin
3 small zucchini, sliced 1/4-inch thick
2 medium green peppers, seeded and sliced in rings
1 small eggplant, sliced 1/4-inch thick
2 medium onions, sliced thinly
2 medium tomatoes, sliced thinly

Heat oil in pan and fry garlic a few moments. Add vegetables in layers, as given in recipe, sprinkling each layer with a little salt and pepper. Drizzle 1/2 tablespoon oil over vegetables. Cover; cook slowly over low heat, moving vegetables from time to time.

Cook 35 to 45 minutes, or until vegetables are tender and flavors are blended. Remove lid last 15 minutes to reduce sauce. Serve warm or cold. Makes 6 servings.

MEXICAN SUCCOTASH

2 tablespoons shortening
1 cup sliced onions
1 (8-ounce) can tomato sauce
1 teaspoon salt
1 teaspoon chili powder
1/2 teaspoon granulated sugar
1 can kernel corn
1 can lima beans
2 small green peppers, chopped

Melt shortening. Add onions and cook until tender. Add tomato sauce, salt, chili powder and sugar. Mix well. Add corn, lima beans and green peppers. Cover. Cook about 10 minutes, or until mixture is heated through and green peppers are just tender. Serve in a hot casserole dish with corn bread and a tossed green salad. Makes 6 servings.

POTATOES ROMANOFF

6 good-sized potatoes
1 pint dairy sour cream
1 bunch green onions, cut-up
1 1/2 cups shredded sharp cheddar cheese
1 1/2 teaspoons salt
1/4 teaspoon pepper
Paprika

Cook potatoes in jackets until fork tender. Peel, then shred into large bowl. Stir in sour cream, onion, 1 cup cheese. salt and pepper. Turn mixture into buttered 2-quart casserole.

Top with remaining cheese; sprinkle with paprika. Cover; refrigerate several hours or overnight. Bake, uncovered, at 350 deg. F., for 30 to 40 minutes until heated through. Makes 8 to 10 servings.

MELANGE

2 packages frozen lima beans
1 cup finely diced carrots
1/2 cup butter
1 medium onion, chopped fine
5 large stalks celery, cut in thin slices
1 pound fresh mushrooms, sliced
2 tablespoons flour
1/2 teaspoon salt
1/2 teaspoon nutmeg
1/8 teaspoon pepper
1 cup light cream
Paprika

Cook beans and carrots following directions on lima bean package. Drain and keep warm. Add onion and celery to heated butter in large heavy saucepan, cooking gently until tender. Add mushrooms; simmer 2 to 3 minutes. Sprinkle in flour, salt, nutmeg, and pepper blending lightly. Remove from heat; stir in sour cream just to blend. Return to moderate heat cooking slowly until thickened and smooth. Carefully stir in beans and carrots. Put into hot serving dish, sprinkle with paprika and serve immediately. Makes 8 generous servings.